for the Canadian Woman

Chatelaine

OCTO 1956 · 20 CENTS

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What to do if you're lonely





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Chatelaine for the Canadian Woman

OCTOBER 1956 VOL. 28 NO. 10

The story that walked right into our office one day

Ideas for magazine stories come in by request, or "over the transom" —as we say of unsolicited manuscripts—and sometimes they just walk straight in through the door. Our piece, Who Said Small Towns Are Quiet?, started when George Cadogan walked into the editor's office one day to get some information about our requirements for a writer's magazine. After listening to him tell about his life in Durham, a small Ontario town where Cadogan and his wife, Elda, moved about six years ago, Chatelaine's editor said casually, "It must be nice to sit in a small town and vegetate."

"Vegetate!" yelled Cadogan. "My wife hasn't had time to draw a quiet breath since we moved there."

Intrigued by the hectic pace of a small town we asked him to have his wife tell us about it, which she did as you will find if you turn to page 20.



Personal appearances, TV, and radio shows and fashion commentating are just a few of the extra-magazine activities of our busy fashion and beauty editor, Vivian Wilcox. Recently on her schedule were a fashion show for 4-H clubs in Guelph, a panel show for dress manufacturers in Montreal, and an interview for TV's CBC News Magazine with writer Frank Duckworth, in her own apartment. This took four hours to do and all the time the windows and doors were kept shut to cut out street noises. As the temperature climbed steadily to a hundred, it needed all the tricks even a fashion editor knows to look cool and relaxed under the lights, but as you can see, Vivian managed it. You can see her for yourself on TV the week of October 1, when she commentates a daily fashion show on CBC's Open House.

"What do you do to calm yourself before a concert?" we asked Maureen Forrester whose story starts on page 12 of this issue.

"Well—nothing—oh maybe I take a hot bath," replied this cool-headed young contralto, shown here in rehearsal with Reginald Stewart, the conductor at the closing concert at Stratford this summer. Her manager, who actually wishes Maureen *would* display more of the temperament associated with concert singers, admits the only time he's seen her angry was once when a hotel manager tried to make her vacate her room on the afternoon before a big concert in a large Canadian city.



Her own lack of temperament worried the remarkably robust singer. Finally she discovered that she couldn't sleep well when the moon was full. Delighted with this evidence of nerves, she went around telling everyone she met. But she could scarcely begin before the person she was talking to would say, "That's right. I have the same trouble," and go on to tell about *his* or *her* case of nerves. When it comes to nerves, Maureen finally decided, an uncomplicated contralto hasn't a chance. ◆

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by Edith Macaulay, Beauty Authority

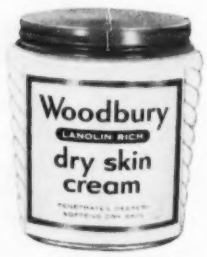
By *neglecting* dry skin, you leave the way open to be robbed of a most precious possession—moist, smooth, young-looking skin. Now from the Woodbury laboratory comes effective help!

Lanolin-rich. It is Woodbury Dry Skin Cream – rich in lanolin (nature's own "double" for the natural oils of your skin) plus four other skin softeners.

Penetrates deeply – softens skin miraculously. Unlike other creams that work only on the surface, Woodbury contains a wonder-working ingredient that carries its rich benefits *deeper than ever before*. Parched, flaky, dry skin freshens – tiny dry lines seem to melt away! Use faithfully five minutes every day and say good-bye to dry skin problems!



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LETTERS TO CHATELAINE

Do husbands read Dr. Hilliard?



THIS is my protest against the tiresome articles written by Dr. Marion Hilliard. I very much doubt if any of our men will read through to the end. An Open Letter to Husbands (August). If they do, they would be better advised to consult a head specialist.

There are plenty of good educative, as well as entertaining, subjects to write about that are stimulating and helpful without all this horrifying diagnosis of one's personal behavior, and the presumption that such an article is educative.

—Mrs. E. Mary Cooper, Toronto.

I always read, enjoy and admire Dr. Marion Hilliard's articles about marriage, as well as her very own witty way of emphasizing her points of view. Her Open Letter will be of great help for many couples. Would Dr. Hilliard discuss the problem of the miserable race of married bachelors — the type of husband who doesn't give an inch of his inborn selfishness and independence!

—Mrs. Y. V., Ontario.

A Male Viewpoint

For the past eighteen years I have been actively interested in youth work, and I am appalled at the current trend to delinquency. The boy of today is the father of tomorrow, and his education for that honorable position is one of the most important problems facing our citizens.

I certainly subscribe to your conclusions on the average man's unpreparedness for marriage. It is to be hoped that steps will be taken to find means of promoting better fatherhood and reducing our disgraceful divorce rate. Your article should have wider circulation than can be obtained through a women's magazine.

—Earl C. King, Vancouver.

Bristly Neighbors

I've met only courtesy and a very reserved good fellowship from Canadians on my recent business trip across Canada, but your article (Do We Really Dislike the Americans? July) confirmed my private opinion . . . together we are the living example of "good neighbors" . . . Just like little boys, we might "bristle" at each other when we are expected to be on our good behavior — but let a kid from the next block step in and we suddenly unite in a solid front against the world.

—L. F. Turner, Louisville, Ken.

Tourists are Different

Women on our beaches are no more bare than those I have seen in trips to Vancouver Island. The people in our churches are dressed as quietly and tastefully. Most of the people we know are struggling to keep shoes on their children and food in their cupboard, as well as buying a house . . . It is as unfair for us to be judged by a few tourists as it would be for me to judge all Canada by the small part I have seen.

—Mrs. R. A. Janes, Campbell, Calif.

No Royal Parasites

If your reader (Mrs. J. M., Letters to Chatelaine, August) knew the truth Americans are very envious of titles as witness the fact of the furore of Grace Kelly's wedding . . . As regards the remark re royalty they are not parasites as she calls them. Their money is derived from land that has been willed them in olden days and they turned it over to the government to keep for them. In these days it shows a great profit, over any monies allowed them to live on.

—L. C., Montreal.

To Mrs. J.M.—I am from Britain and am proud of our royalty without ever having fawned or groveled. I find that the people who most dislike Americans are Canadians who have never seen and do not desire to see Britain.

—Mrs. R. W. S., Kingston, Ont.

PHOTOGRAPHS IN THIS ISSUE—By Paul Rockett (cover, 1, 12, 33, 104, 105), Graphic Artists (1), Peter Croydon (11), Wheeler Newspaper Syndicate (13), John Sebert (16, 20, 22, 23, 26, 28, 30), Miller Services (128).

More About Americans

Surely we Canadians have little excuse for adding to the strife and division so rampant in the world today. Our country is in the midst of the most amazing and exciting economic development in its history. Let us keep growing in mind and spirit as well.

Mrs. W. G. Hamilton, Victoria.

We want to like our American cousins but if they are officious in our country (and we hear they are in the Canadian Arctic and not acknowledging our sovereignty, which has been long established) what can they expect? We are only human.

Mrs. C. R., Owen Sound.

As an American living in Canada, I've come to love Canada and the Canadian people, as well as my own. But I have been hurt many times by incidents such as you mention in your article. And when I related that I had never heard an American say anything against Canada or Canadian people, I was told it was their lack of interest!

Mrs. G. F. Tollestrup, Lethbridge.

Is Canadianism a Sin?

In the caption below Elsie Park Gowan's picture (The Women of Edmonton, April) it says Mrs. Gowan irritably wrote to the Journal: Let us remember we are celebrating the history of a British province, etc. I would like to ask, why British? Is it such a sin to say we are Canadian?

—Mrs. P. H. Kingsley, Port Nelson, Ont.

How to cut Food Bills

After reading Eight Ways to Cut Your Food Bills (April) I couldn't resist writing you my own experience. With four children our food bills for one month are never any more than $80. This is a far cry from your estimate of $151 for a family our size ($6.30 per person a week).

My food receipts for the past four weeks total $16.80. In addition I spend $10 a month on milk (I supplement with powdered milk) and $2.50 on eggs I purchase through a neighbor. Add to this $5 I might spend for things I occasionally run out of and $15 (which I think is high) for what we use out of the freezer and that brings the total to $80. My grocery list includes detergents, wax, etc., and four cans of dog food each week.

I know we haven't suffered from any deficiency in diet. Neither of the two boys have missed a day of school in the past three years and our six-year-old girl has never been to a doctor. So I guess they must be all getting their needed vitamins.

Florence Game, Edmonton.

Chatty's Mailbox

Here is a puzzle for your children's page: A boatman had to ferry across a river a wolf, a goat and a basket of cabbages, one at a time. How did he do it? First, he took the goat across and returned by himself, then he took the wolf across returning with the goat, then he took the cabbages across, returning by himself. On the next and last trip he took the goat across.

Mrs. M. Thomas, Brisbane, Australia.

I always read your page and enjoy it, and do many of your suggestions. As I am a grade one teacher, your page is very helpful. For our school's open house, I made a bowl of your flowers as shown in March.

D. H., Ontario.

I just love doing your puzzles each month. I made your flower out of a walnut and it looks dandy on the windowsill. By the way I don't think Chatty is a funny name — it reminds me of coconut and I just love coconut.

Johnny Hamelin, Ottawa.

Correspondent Wanted

I am hoping to come to Canada and should like to correspond with a Canadian woman (married or unmarried, any age). I am twenty, and have varied interests, classical music and travel being my favorites.

Patricia Withers, 14 Sutton Lane, Banstead, Surrey, England.

Chatelaine Credits

I would like to congratulate the staff on the sparkling illustrations and interesting articles they produce. Like Sam Weller's letter, each copy gives one a desire for more.

Mrs. M. Talbot, New Westminster.

Send your comments and your questions to The Editor, Chatelaine, 481 University Avenue, Toronto 2. All letters must be signed, but, where requested, names will not be published on personal questions.


around one year . . .


around two years . . .


around three years . . .


around four years . . .

What are the greatest hazards at these ages?

TODAY, ACCIDENTS are the greatest single hazard of early childhood. In fact, accidents in and about the home take hundreds of lives each year in the age group from one to four. Thousands more of our children are injured . . . and many are permanently crippled . . . *by accidents which might have been prevented.*

One way to help safeguard young children is to know something about what a child does at various stages of growth. Around age one, for example, they put practically everything in their mouths. This is why household cleansers, and small objects such as pins and buttons, should be put away.

Age two is the time when the child explores and investigates everything around him. So, potentially dangerous things — such as medicines, knives, matches and electrical equipment — should be kept where a child cannot reach them.

The child of three is likely to have a serious fall, especially when he climbs near windows, on furniture, or goes up and down stairs. Windows should have guards on them. Screens need to be firm and securely fastened. Stairs should always be free of objects on which a child can trip.

Four-year-old children are "runabouts." They should be taught to watch for cars in driveways and to ride their tricycles on the sidewalk.

In addition, children need regular health examinations for correcting defects of vision or hearing that could lead to mishaps. If *repeated* accidents occur, a special effort should be made to discover the cause.

Children of school age also have many accidents. So, it would be wise to reemphasize to them the importance of crossing streets properly, obeying traffic lights and equipping and riding their bicycles for safety.

For more information about how you can help foresee and forestall accidents, send for Metropolitan's booklet, *A Formula for Child Safety*. Use the coupon below for your free copy.

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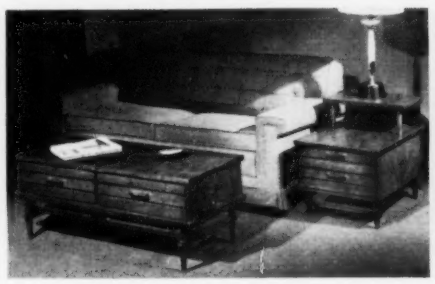
symbol of spring the world over

YOUR HOUSE BY DORIS THISTLEWOOD

LOOK WHAT'S HAPPENED TO CEDAR CHESTS



The old cedar chest has a brand-new look, doubling as table or buffet with plenty of storage

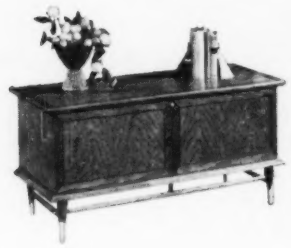




Grandma wouldn't recognize her old, familiar cedar chest today. The new versions often double as end tables and coffee tables and some look like buffets. For the all-in-one bachelor apartment, they're wonderful for storing blankets and bedding. During a visit to Canadian furniture plants I noticed the startling changes in cedar-chest design that make them so much more adaptable today. If you're shopping for one —as a gift for a bride or for Christmas—there are some new features to look for. A mahogany chest (left) in simple contemporary lines has a drop-down front, giving you a clear view of its contents. Drawers at one end hold small items. For the traditionally minded there's a French Provincial chest on graceful curved legs. A low chest with tapered legs and lightly sculptured crossbars shows the important Scandinavian influence.







Color Scheme of the Month

Fix up the guest room now for the holiday season ahead, in colors that say "welcome." Choose pale lemony yellow for the walls and woodwork, white for the ceiling. Paint a chest in a dull terra cotta shade, the bedstead, night table and chair the same color as the walls. For the bedspread, use a dust ruffle to match the rust chest and top it with a chenille coverlet in mustard yellow. Draperies could be mustard-colored with a white-and-brown design. Cover the floor in rust paint or linoleum —yellow cotton rugs by the bed. Complete the room with white accessories and a big bowl of pine branches. ◆

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Learn to Live with yourself

BY DR. REVA GERSTEIN

How to stay on your diet

Jack Spratt would eat no fat
His wife would eat no lean
And so betwixt the two of them
They licked the platter clean.

GENERATIONS of children have chanted this nursery rhyme and accepted the idea, but today Jack Spratt's jolly, roly-poly wife is an unpopular figure in North America. In the last few years thousands of words have been written, many of them in this magazine, about the dangers of being too fat. All our advertisements picture lissome young women attracting the right man, getting married, having children. Any movie star or stage figure who weighed as much as Lillian Russell did at the height of her fame would have to confine herself to comedy roles today.

As a result many Canadian women are chronically on a diet. Yet in spite of all the heavy sighing as the strawberry shortcake and Bavarian cream pie is pushed away, many of them seem unable to lose weight. A number of them have written to Chatelaine asking me for help with their overweight problems.

In this article we're not concerned with what to eat or how much. That is the problem of the nutritionists and your doctor. What we are concerned about is why some people develop the wrong eating habits, what they can do to form new habits and how they can stick to them.

Four Ways You Can Eat

There are four kinds of eaters. First is the survival eater. This is the woman who eats to stay alive. She gets very little emotional satisfaction from eating. Eating to her is almost a chore to be accomplished in as short a time and with as little fuss as possible.

Then there is the other extreme—the excessive eater. This kind of woman gets a great deal of emotional satisfaction from eating. She uses food as a palliative. A third kind of person eats when under stress. A woman of my acquaintance whose husband was suffering from a fatal illness gained forty pounds in the two months preceding his death.

The final type of eater is the chronic dieter. Many women fall into this group. After starving themselves for weeks, they finally reach the desired weight on their scales and then they suddenly shift into heavy eating—an orgy of cream pies, potato salads and all the other foods they have been denying themselves.

In a recent study people who, after successfully losing weight, slid back to their former eating habits, gave these reasons for their backsliding: Thirty-six percent simply resumed their former eating habits from custom, six percent had no reasons and fifty-eight percent blamed their difficulty on everything from glands to lack of physical activity, heredity, childbirth, marriage, surgical operations, nature and emotional problems.

Why can't women stay on diets? Many women fool themselves that they are denying themselves food. For example, there is the woman who gorges herself through dinner and then with a martyred expression drops saccharin in her coffee. *Continued on page 8*



The surest way to a man's heart!

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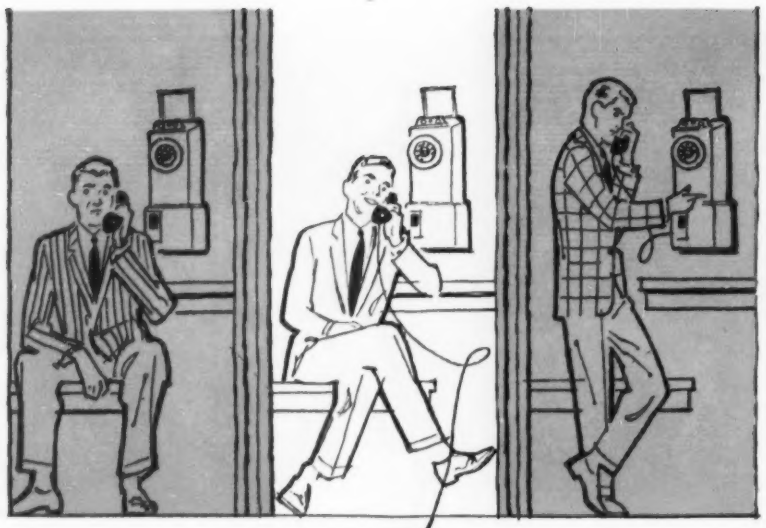
Dinner for two and you're well on your way to a man's heart with a G-E Automatic Frypan! Just look what it can do. It braises, bakes, fries, stews, grills to perfection.

There's a complete temperature guide on the handle for the foods you'll cook most frequently. You simply dial the "Controlled Heat" cooking temperature for the type of food you're preparing. When the indicator light at the end of the handle turns off you know that your frypan is preheated, ready to use. This takes only seconds due to the famous cast-in G-E Calrod Heating Element – temperatures hold steady and even throughout the entire cooking surface. Temperatures are thermostatically controlled and there's a special setting for keeping foods warm.

And when it comes to washing-up, you can immerse your G-E Frypan right up to the indicator light! Make a date to try the wonderful G-E Frypan soon.

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The pattern is set in childhood

Continued from page 6

There is also the woman who doesn't eat a thing at meals but munches all day, constantly tastes food on the stove and has two or three coffee breaks with friends during the day. Then there is the woman who tries to fool herself by setting the scales back or by squeezing into a size twelve with alterations.

Some women say they are fat by nature. "It's heredity," they sigh complacently. But this is not scientifically sound. The heredity factor is entirely habit. If your family traditionally takes pride in huge spreads and seven-course meals at holidays, the habit will certainly have its effect. But the fact that Aunt Maisie weighed two hundred pounds has no bearing on your own weight.

Some women still use childbirth as a reason for overeating. But today's doctors advise women to keep their weight down during pregnancy. There is no excuse today for "eating for two." Science has also scotched the myth that a pregnant woman has unusual cravings for odd foods at odd times.

Some women claim they are overweight because of glandular trouble. They are, actually, less than one percent of all women. The best way to check this is to visit your doctor.

Some women blame their weight gains on nature or their age, but they are only fooling themselves. Weight is added only because you eat more food than the body needs at the time and it stores it up in fat cells for lean periods. Fortunately in our way of life few lean periods occur and therefore we don't need to gorge ourselves at any time.

All eating habits can be traced back to childhood. In a clinic for overweight people it was found that nearly half of the patients had become overweight before the age of eighteen. Some mothers put an undue amount of stress on the quantity of food a child eats. They give the nursery-age child the feeling that if she eats a great deal she will please them and be loved, and if she doesn't eat she will be a bad child. Later, in time of stress it is interesting to note the adults who have outgrown the outer manifestations of thumb sucking revert to overeating as an infantile pattern of satisfying their emotional needs.

If a child has been subjected to an unusual amount of bickering during mealtimes, she may eat too fast and too much because of tension.

Still another family can so openly enjoy food that everyone eats too much and, urged on by the mother, the whole family becomes overweight.

Anyone who has trouble dieting can help herself by looking back on her childhood and the eating habits of her family and trying to understand what makes her overeat. Then work at building a new habit. Eating is a long-established habit. To break down a pattern of overeating you have to change your thinking toward it. Instead of concentrating on all the gravies, desserts, mounds of well-buttered potatoes and freshly baked bread you will have to pass up, you should keep your mind on the kind of meals you will be eating the rest of your life to keep thin —smaller portions, moderate amounts of your favorites, no in-between-meal nibbling and few second helpings. Learn to think of your stomach as being smaller —which it will be if you persist in your dieting. Learn to think of yourself in a dress which is two or three sizes smaller. Picture yourself with a well-defined waistline again. In other words, keep your mind on the objective, and firmly push out of mind all thoughts about the food you will be missing.

Sell yourself on the idea that you *can* overcome your problem of overweight. Most people fail when dieting because they concentrate on all the negative aspects such as the food they are passing up. Then they succumb just once or twice and they become discouraged. They overeat to console themselves and the whole process becomes a merry-go-round of cause and effect.

Some people put off dieting, perhaps until the housecleaning is over or until after Christmas. The time to begin is right now—with the next meal. If you are really serious about the project you shouldn't wait until everything is just right, because things are never right—there's always a tea, a supper party coming up. If you are serious about dieting, start at once.

Next make a definite plan. Draw up a modest schedule with the aid of your doctor. Don't go about dieting vaguely or in a stop-and-start fashion. If you were learning any other habit—like singing or playing the piano you wouldn't expect to make progress if you only practiced when it was convenient, would you?

Another help is to form a club for overweights. By tackling the problem together you make more progress.

Try to get the support of your family and friends. This doesn't mean that the whole family must go on a diet. But you can work out a family plan that will help you. Whatever you do, though, don't make meals miserable by constantly drawing to your family's attention the caloric value of every morsel of food they eat.

Last of all stop talking about dieting and start doing something about it. Don't chase food fads. There are many fad diets but most of them are not long-lasting in effect because the dieter starves herself and then slides right back to her former eating habits once the diet is over. The only way to get long-term results is to learn to eat only what you need to keep your weight stable. Start where you are and start now. Remember the old Chinese saying: "A ten-thousand-mile journey begins with a single step." ◆

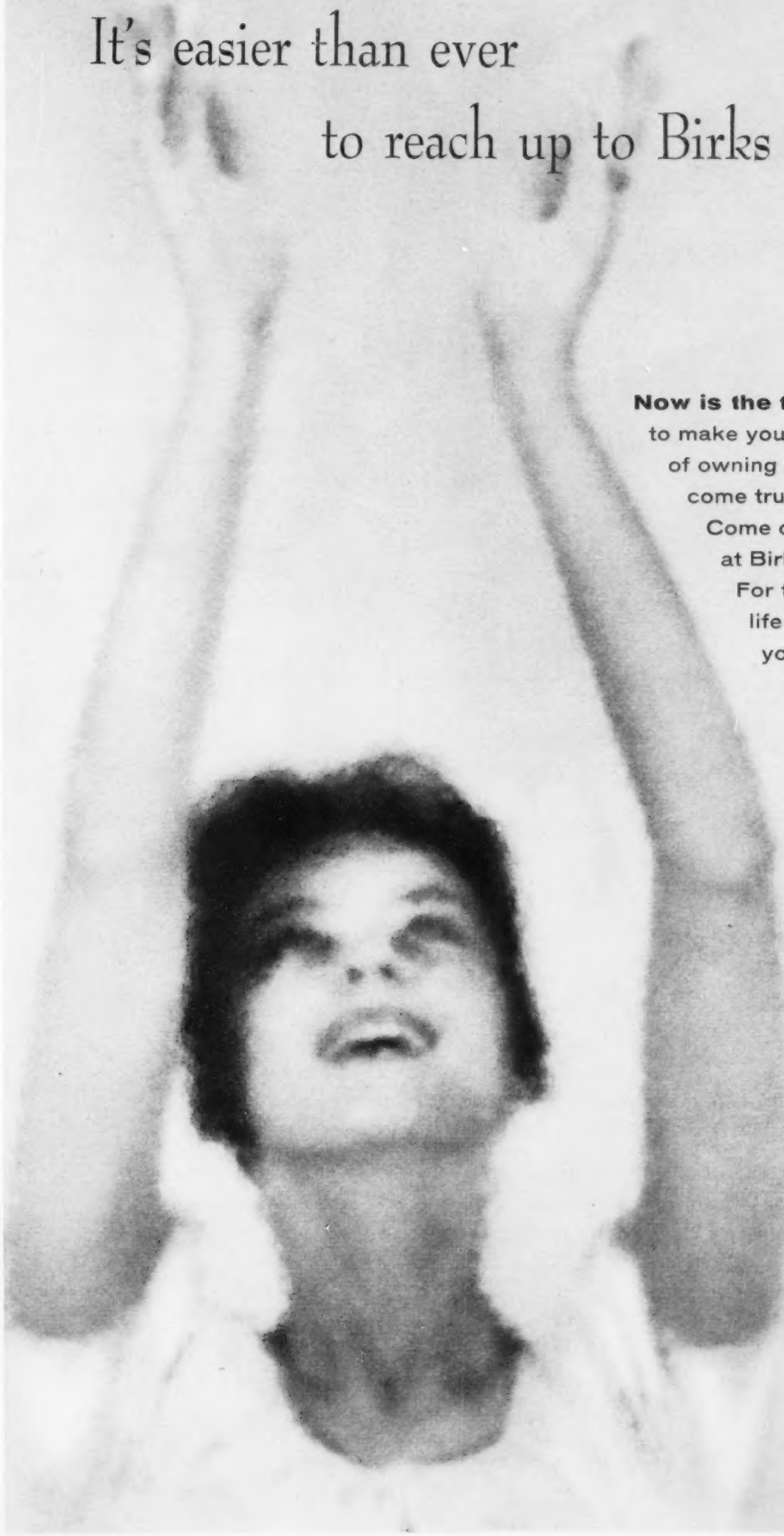
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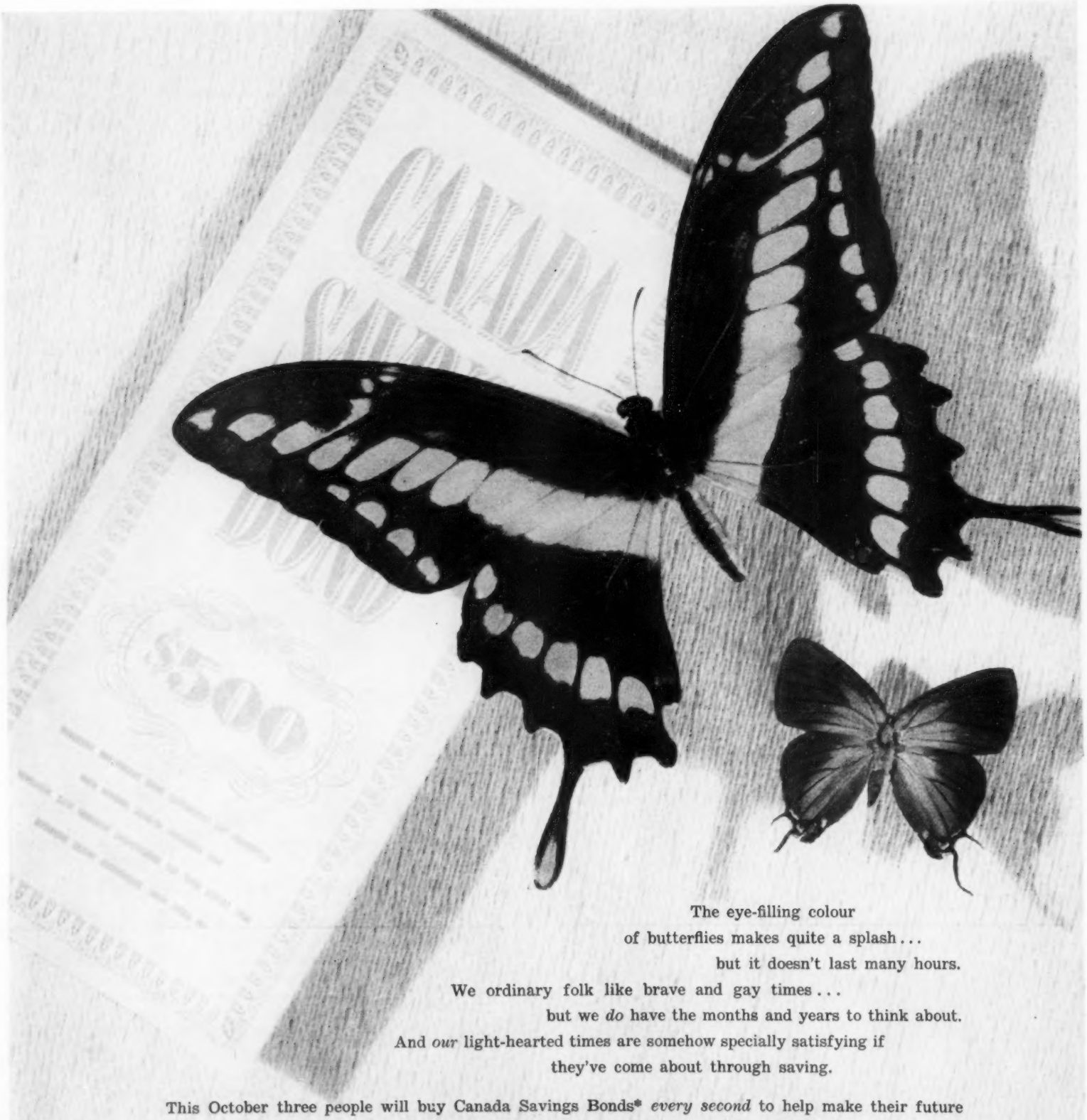
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Dr. Marion Hilliard helps

TEEN-AGE GIRLS MEET THEIR BIGGEST PROBLEM

These words from a noted doctor can lead you to a wiser understanding of yourself and the adult world you are about to enter. She has something to say to parents, too



I HAVE a niece who, when she was thirteen years old, was standing in front of a mirror just before she was to leave for a party. She was wearing a lovely, fluffy party dress, her white gloves were immaculate, her hair was curled and shining with cleanliness and she looked heartbreakingly sweet. She stared at her image for a moment and her face grew sad. "Mother," she sighed, "I can't act the way I look."

This remark, by a child with wisdom beyond her years, seems to me to wrap most of the problems of adolescence into a single package. An adolescent is a budding woman, but she feels desperately unready for womanhood. She may look like a girl who has everything: becoming clothes, doting parents, attractiveness, but within herself she is consumed with perpetual anxiety.

In my almost thirty years of caring for women, as their obstetrician and gynecologist, I have known hundreds of adolescents. I've heard the story from both sides, because I have known their mothers too. This time I'd like to address myself to the girls, understanding full well what a staggering responsibility I am taking on.

Adolescence is a time of decision. It is only a few years since you put away your dolls, but now you must make decisions worthy of an aged philosopher. What career will you choose? What do you think about God? You're old enough to have learned that cheaters sometimes *do* prosper. How do you now feel about integrity? You've been told you live in a country that believes all men are equal, but you know that a Negro can't buy a cup of coffee in some restaurants. You used to think your parents were the world's most perfect beings; lately you are discovering that they are fallible. How do you feel about them? Do you know what kind of mate you want? Do you know how to operate on a budget? Do you even know what sweater to wear to school today?

Adolescence is also a period of growth, lasting usually from the age of ten or eleven until about seventeen. But it isn't only physical growth. There is also a massive upheaval in the entire nervous system, as the endocrine glands go about their function of changing a child into a child-bearing woman. Some girls go through adolescence fairly serenely and others are rocked by constant emotional storms.

I must say here that adolescence is not the only time in your life when you will be confused, unreasonable, insecure. The same process happens again when you arrive at menopause. This, in fact, is the opposite side of the same coin. You are just entering the cyclic life of fertility and the woman in menopause is just leaving it. Both are frightened of the future: you dread the responsibility of maturity and the older woman sees ahead of her uselessness and *Continued on page 100*



Critics predict more "bravissimos" this February for

Montreal's Maureen Forrester, a

contralto who's never had a bad review, and who was once told

by her teacher "you're terrible"

Wait till CARNEGIE HALL HEARS Maureen

By JEANNINE LOCKE

IN FRONT of one of the most critical audiences in the world at Carnegie Hall, next February, will step a twenty-six-year-old contralto from Montreal. She'll be led to the centre of the stage by the internationally famous conductor, Bruno Walter. Some of the audience will know that she's his latest musical discovery. Then the New York Philharmonic will accompany Maureen Forrester into the solo part of Mahler's Symphony No. 2. And some of the critics will immediately make a note, comparing her to the famous English contralto, the late Kathleen Ferrier.

Most young singers unveil their talent at Town Hall, in New York, at the expense of parents or friends. But Maureen Forrester took the direct route to Carnegie Hall—and by invitation. Her road to this musical shrine has been smoother and shorter than most artists'. And she's made it on her own terms. She wouldn't have it any other way, which is not surprising in a young woman who left school at thirteen because she felt she wasn't learning anything, once resisted singing lessons because they interfered with skiing and swimming and settled down to the hard work of becoming a serious singer only after being told she was terrible.

Unlike many musical success stories, Maureen's was not influenced by parental ambition. The Forresters had no desire for their daughter to sing, except in church. Nor was she driven by a Svengali-like teacher who alternately promised her fame and glory and a caning. What guided Maureen Forrester, according to the musicians who know her best, her teacher and her accompanist, was "instinct." "She's not shrewd," her accompanist, Montreal pianist John Newmark, says firmly. "It's instinct—sheer common sense—that largely explains both her musicianship and her seeming cleverness about her career."

Certainly the singer's record of recalcitrance seems at odds with the girl herself. A well-nourished five-foot-nine, clear-skinned with honey-colored hair and chocolate-brown eyes, she looks more eligible for a berth on the Canadian Olympic team than for the title, "Canada's musical ambassadress," which Time magazine awarded her recently. It's not easy to associate this open, jolly twenty-six-year-old, who describes Bruno Walter as "a doll," with the heart-rending tones of Mahler's Symphony No. 2. It's even harder to reconcile the girl who cheerfully admits to buying everything she owns on impulse with the singer who reads the smallest print on a concert contract and then sends it to a lawyer to look over before she signs.

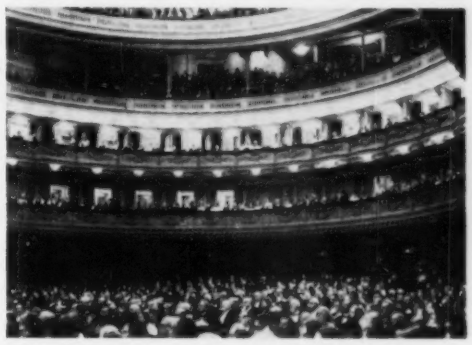
Classical concert singers in Canada are as rare as banana trees and consequently Maureen Forrester has confused many people. There was the man in the lobby of a Calgary hotel who stared at her until John Newmark, her accompanist, scowled at him; whereupon the man said nervously: "I'm sorry, I made a mistake, mister. I thought your wife was that fat girl who sings on television—you know, Juliette." A Montreal disc jockey, interviewing her last spring, was similarly bewildered. She had told him she was giving a concert that night in the hall of the Ritz-Carlton Hotel. It was a full program of lieder, she added. Nevertheless, he concluded the interview with the hearty ad lib: "And don't forget, folks, to catch Maureen Forrester's act. She opens tonight in the Ritz Café."

Yet this amiable blonde who window shops on the way to her own concerts, who hates to be alone, who confesses to a horror of growing old without a husband and children, who worries about her weight, but not enough to cut a course from dinner, is willing and obviously able to stand the harsh disciplines of a concert career. She accepts these disciplines, sensibly, without thinking of them as sacrifices.

Six years ago, her decision to train for a career in concert music seemed anything but sensible. Her parents couldn't afford the price tag on an intensive musical education. Moreover, she had just been told bluntly that she didn't know how to sing.

Authority for this early estimate was Bernard Diamant, a Dutch lieder singer, recently arrived in Montreal. In the fall of 1950, she had heard him in recital, decided she wanted him for a teacher and, with characteristic directness and aplomb, promptly presented herself at his Bishop Street studio.

Diamant remembers the first time twenty-year-old Maureen sang for him. "It was a riot," he says. She was a big girl and her voice matched her size. It had no high register and a low register that was, to Diamant's sensitive ears, "most peculiar." And she used this voice as if in competition with hockey fans at the Forum.



This is the glittering scene that awaits Maureen when she makes her debut at Carnegie Hall this winter.

When she'd finished singing, Diamant put his hands over his face to hide his amusement. Then, when his features were under control, he told her plainly that her massive voice was unequal and that she didn't know how to manage it. It would take long, tough training, he advised. And if she wanted him to direct it, she must start by stopping singing, except in a whisper, for at least a month. For the next six months she must refuse all public engagements. She would need to practice six to eight hours a day, plus two or three lessons a week and regular coaching with a pianist.

In addition to a full-time job in the contracts department of an advertising agency, Maureen had a small but secure local reputation as a soloist. When Diamant forbade her to sing in public, she wailed: "But people will forget me."

"And the quicker the better," Diamant retorted. "You're terrible. But when I tell you it's okay, they'll want to remember you."

At that moment, Maureen would have been hard put to believe that one day she'd describe this man as "the person I admire and respect most on this earth." Diamant, for his part, probably didn't recognize Maureen to be "the kind of pupil you get once every fifty *Continued on page 122*

That past summer had been magic for Anne and Larry, but now . . .

The year Christmas came in October

BY ZOA SHERBURNE *Illustrated by Oscar*

ANNE BAILEY returned to St. Jude's after her two days off duty and it was like coming home after a long and wearisome journey. She stepped down from her bus and looked up at the gray stone building. It wasn't a new hospital but it was beautiful. She was lucky to be a part of it.

A blond convertible swerved around the corner and stopped at the entrance to the nurses' home but Anne studiously avoided looking after it. There were thousands of blond cars. It didn't have to be Larry's. And if it was, it didn't necessarily follow that Larry was dating one of the student nurses.

"And even if he is it's certainly no concern of mine," Anne reminded herself.

In the hospital elevator she could have sworn she heard bells. The tinkly tuneful kind of bells that you associate with Christmas. And she seemed to catch a faint odor of pine blending with the familiar hospital odors.

It was nonsense, of course; this was October.

Miss Hennessey, the nurse on duty on the maternity floor, gave Anne a bleak smile. "Do you *have* to look so disgustingly cheerful after the hectic weekend I've just endured?" she asked plaintively.

Anne's dimple flashed. "That sounds like we might have a batch of new citizens of tomorrow." She glanced toward the draped windows of the nursery. "How many?"

Miss Hennessey massaged her tired eyelids for a moment. "Six or seven since you left. The whole wing is full to bursting with new mamas. You never heard such a clacking in all your life."

Anne leaned forward to peer at the charts. "That's why I love maternity duty. Never a dull moment."

Miss Hennessey grimaced. "Everyone to his own taste I always say." She waited until Anne had finished her survey of the charts. "Well, as long as you're here and still brimming over with sweetness and light I guess I can go and catch myself a few thousand winks."

Anne nodded without turning and then murmured, *Continued on page 111*



Miss Hennessey

Dr. Ronald Gordon



Mrs. Keith Bradley

Anne loved Larry but how could a young doctor be so calm, almost casual, about what was happening to the little girl on the seventh floor?



WHAT TO DO WHEN

● Of all the unlikely things in our crowded, restless, sociable world, the unlikeliest is that we should be lonely.

Yet what woman has not known a time of loneliness when the dull days stretched endlessly ahead, when she drowned in a sea of self-pity?

Loneliness is universal. Some measure of loneliness follows us from the cradle to the grave. Because normal people have the capacity to "relate" to other people (call it love if you wish), for most of us loneliness is an occasional thing, painful but tolerable.

Chronic loneliness, on the other hand, indicates real trouble and requires serious attention. Chronic loneliness indicates that a person is unable to relate to his fellow men. A Toronto psychiatrist, Dr. Dan Cappon, observes, "Nobody comes to a psychiatrist complaining of loneliness. On the other hand, nobody comes who *isn't* lonely."

A healthy-minded woman wants to be alone sometimes to give herself time to collect her thoughts. A neurotic, on the other hand, can't stand to be alone for an hour. She can't handle her loneliness because it makes her look at herself and that's something she refuses to do.

Self-pity is the sign of the chronically lonely woman. Everything that happens to her is aimed at hurting her; she feels sorry for herself twenty-four hours a day. She is suspicious of people's motives. "I know what will happen if I'm friendly—people will impose on me," she tells herself. And people, sensing her attitude, naturally steer clear of her.

Some lonely girls, rather than fleeing from people, pursue anyone and everyone with offers of friendship. Because people are perverse and don't want what they can get too easily, these offers are usually spurned, and the lonely ones are lonelier than ever. A tragic case is that of one young woman,



BY D. SANGSTER

YOU'RE LONELY

Loneliness is a part of everyone's life. The age we live in and sometimes our own personality are to blame.

Understanding why we are lonely, we can defeat loneliness

driven to mad extremes of action by her loneliness, who decided to give a cocktail party for her friends—although she had never been particularly friendly with any one of her fellow workers. In a frenzy of excitement, she planned the party down to its last detail, taking money from her bank account to buy new furniture for her rented room, investing in a cocktail shaker and dozens of glasses, ordering the choicest foods and taking care to invite only the most popular girls in her office and the gayest young men.

The day of the party finally dawned, and for one reason or another nobody came. Desperately excited and unable to face the failure of her party, the lonely young woman finally dashed downstairs and issued invitations right and left to whoever she could find in the boarding house. Her landlady came, a few other boarders drifted in, they nibbled sandwiches, tasted the cocktails, and thanked her politely. The pity in their eyes was evident. That night, for reasons any psychologist can define, the girl—overwhelmed by pain and humiliation—sat up into the wee hours, playing her phonograph as loudly as possible and flatly refusing her landlady's frequent pleas for silence so that other people could sleep. Next day she was given notice to move out, which she did, quietly and unobtrusively, in her usual mousy manner.

People who work with extremely lonely women know how damaging an experience like this can be. They know that often the worst advice they can give is "Join a group." Says Fay Aldridge of the Toronto YWCA, whose job includes steering lonely girls into suitable recreation, "Sometimes a group frightens the lonely person away, and each fruitless experience is a disturbing thing which widens the gap and makes things worse." The very shy woman is induced to meet one person at a time and only then, when she has grown to like and trust her, to go on and meet another and *Continued on page 96*

EIGHT WAYS YOU CAN COMBAT LONELINESS

TONIGHT:

1. Make plans to see three people you have known and liked and with whom you have temporarily lost contact.
2. Sit down and make an inventory of your interests as the first step toward finding a hobby to pursue.
3. Make a list of all the people you know who are lonely and resolve to ask each one of them to do something with you in the next month.

THIS WEEK:

4. Write three letters to three old friends you've neglected. Make your letters light, not too long and not too frequent.
5. Resolve to do one good turn at least each day. It will make you feel better, more useful. Maybe some harassed young mother you know would welcome a baby sitter one evening a week, for example.
6. Start up a weekly luncheon club with some of the women, who, like yourself, are inclined to be lonely. Learn to know them and you'll probably like them.

FOR THE FUTURE:

7. Be on the lookout for new places to go, new things to do. Plan ahead for your next vacation. Always have something to look forward to.
8. Don't expect too much too soon. Remember to deal with your loneliness a bit at a time. Find ways of getting through an hour of it, a day, a week. It may be gone by then.



The trouble with Ada

....was Mr. Meigs

Well, what would you do with a man like Mr. Meigs underfoot all day, if he happened to be your husband's father?

BY JAMES C. NELSON, JR.

Illustrated by Jack Bush



MR. MEIGS celebrated his seventy-fourth birthday alone in his wallboard-finished attic room, because his son who might have remembered, had he been home, was in Ottawa on business, and his daughter-in-law, Ada, who was left nominally in charge of the old man, was far too busy with her clubs and committees and charity drives to recall a date of such small consequence.

"Father Meigs," Ada had said to him that morning, as she tried to hurry him through his breakfast so she could tidy up and be off. "I'll be away most of the day working with the symphony committee. I've put your lunch in the refrigerator, so all you have to do is warm it up. Are you through with your coffee?"

Mr. Meigs gulped the remainder of his coffee.

"Yes, thanks," he said. He rose from his chair and carried the cup, rattling ever so slightly in its saucer, to the sink.

"Don't let me rush you."

Even as she said it, Ada realized that she only half meant it. There was so much to be done today. On days like this, Father Meigs was just another of her projects. A special project, to be sure, since he was John's father and a good old soul. But still a project, a cause to be shepherded and guided and managed as efficiently as next month's old clothes drive.

Not that she wasn't fond of the slow, fumbling, old gentleman. Of course she was. He often made her laugh with his gentle reminiscences, and she was touched by his occasional invitations to dinner while John was away. But still there was no doubt that he was becoming more of a problem every day. In fact, it was her private opinion—she never discussed it with anyone but John, of course—but it was her opinion that the old man had been failing ever since the day two years ago when, at John's insistence, he had given up his furnished front room on West Fourth Street and moved in with them.

Mr. Meigs lived on the second floor, which contained, besides his room, a small bathroom and a great deal of unfinished attic. Although Ada, because of her many civic projects, had little time to clean or otherwise tend to Mr. Meigs's tiny room, she did try to inspect it once or twice a week to make sure the old man re- *Continued on page 36*

Ada advanced on the garbage. "Will you please leave my kitchen to me!"

Ever dream of retiring to
some little town,
far from the city's madding rush?
Well, so did I—and
I haven't caught my breath yet





8 a.m.: Family breakfast.



9: Dishes: the phone starts ringing.



10: Confer with school board member.



10.30: Proof-read for editor husband.



11.30: Study and lunch.



WHO SAID SMALL TOWNS ARE QUIET?

BY ELDA CADOGAN

Photographed by John Sebert

LAST NIGHT the telephone rang twice after I'd gone to bed. This morning it began ringing before eight o'clock. It will ring on an average of once every half hour all day today. Each time it rings I give a nervous little jump, reach frantically for pencil and paper and peer anxiously at the calendar. As I scribble details of yet another meeting, I sigh a great big, wistful, weary sigh.

Six years ago my husband, three children and I turned our backs on the bustling life of the city. From Barrie, Ont., with a population of close to 19,000, we moved to Durham, whose population is nearer 1,900. George settled down comfortably into the seat marked Ed., Prop., and Pub. (editor, proprietor and publisher) of the weekly newspaper, the Chronicle. Here, in this pretty little town in a valley, we planned to live the good, the quiet life. We would get the paper out on Thursday, do some writing, reading and listening to music, enjoy entertaining and stagnate pleasantly.

Six years later, I scarcely have time to write





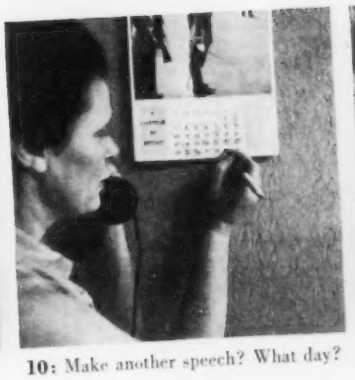
2 p.m.: School-board meeting.



4: Check all with the board's lawyer.



8: Preside at Business Women's club.



10: Make another speech? What day?



11: Draft the speech.

a grocery list, I haven't read a book in months, my only music is the discordant duet of telephone and door knocker and my social life is bounded by the words "at the conclusion of the meeting, the hostess served lunch"!

It is ironical that I should find myself so much more involved in a town whose population is roughly a tenth of the city I left. But it is a matter of simple arithmetic. In Barrie, for example, when the Business and Professional Women's Club requires officers, it has ten times as many women to choose from. Durham, in an attempt to "keep up with the Joneses," tries to support almost as many organizations. It follows that women in Durham, who are capable of and interested in such work, must be pressed into ten times as many offices.

In the city, where one is not known so intimately by one's neighbors, it is possible to avoid club life by calmly blending with the scenery. Not so in a small town. There is no place to hide here. Within twenty-four hours of her arrival, the newcomer is neatly pigeonholed and jealously courted by the various clubs until she's been safely put to work. Women who refrain from community activity are coolly regarded. And, once in, the only acceptable way out is to die or have a baby!

How did I get into this maze of activity that makes each day another angry contest with the clock? Why does my calendar have odd little hieroglyphics scrawled over each date? Why am I sharp of tongue and circled of eye, a slave to my coffee cup and living on my nerves?

Looking back, it's difficult to see exactly what happened. Driving through our town on a fine evening, probably on your way from the Bruce Peninsula to Toronto, you'd see no sign of hectic activity. Durham seems as leisurely as the name of its main street, Garafraxa. You would no doubt be musing, "Wonder what people find to do with themselves in these small towns?" Take my advice and don't stop to find out.

After four years in this deceptively quiet town, I found myself president of the Durham Business and Professional Women's Club, secretary of Durham Recreation Committee, vice-chairman of Durham Public School Board, chairman of Durham Drama Festival and co-chairman of the Lake Huron Zone Standing Committee in Drama. Two years later, I've traded some offices for others, but the sum total in time and effort and frustration is the same. I'm still on the merry-go-round.

"The treacherous part of it," a friend told me wanly the other day, "is the insidious way one thing leads to another. I promised to do one thing in my club—just one—and look at me now!"

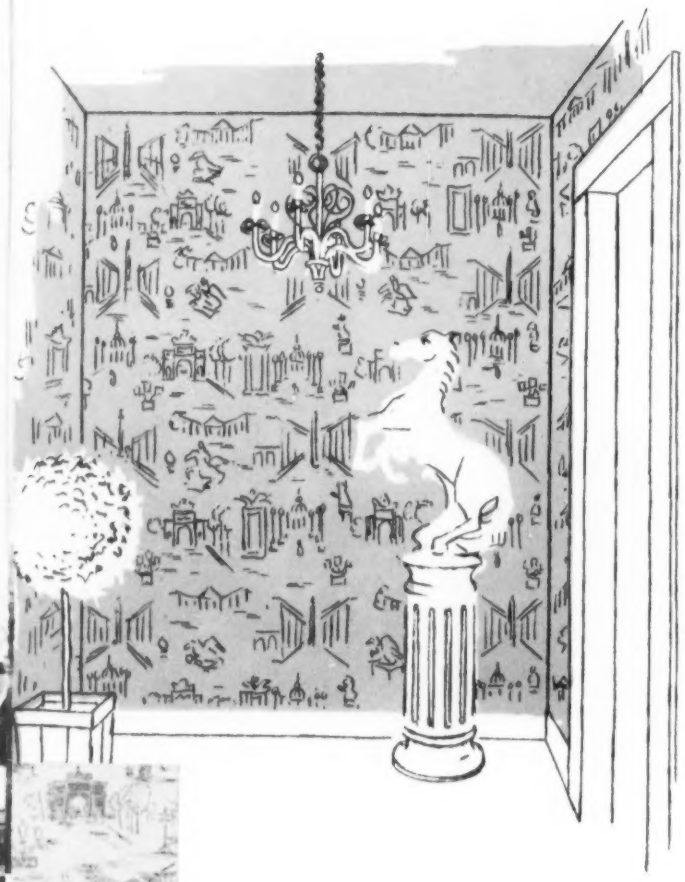
I knew what she meant. Take my own case, for example.

My husband and I had agreed to keep our joining to a minimum. One club each, we assured ourselves solemnly, was quite enough. George merged happily with the Rotary Club. An engaging business woman convinced me I belonged with the Business and Professional Women's Club. It seemed a mild organization, not too intent on money- *Continued on page 42*

34 WAYS TO USE THE NEW WALLPAPERS

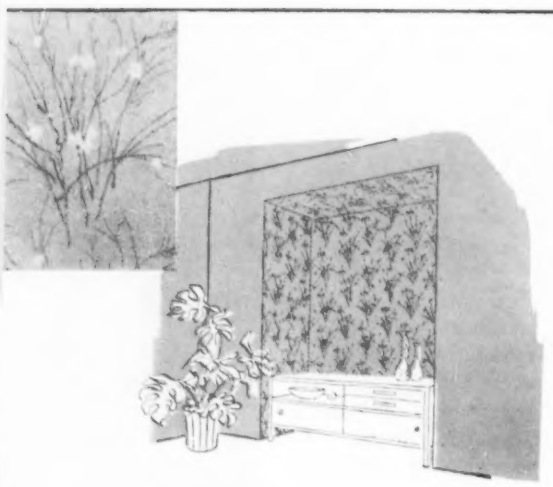
BY DORIS THISTLEWOOD
Chatelaine Home Planning Editor

There's no limit to the decorating magic of wallpaper beyond your own ingenuity. Use it for accent to make a plain room handsome, to break the monotony of paint in a new house, to disguise problem walls in an old one. Create your own clever accessories. Chatelaine shows you how with papers from the new Canadian collection—all washable

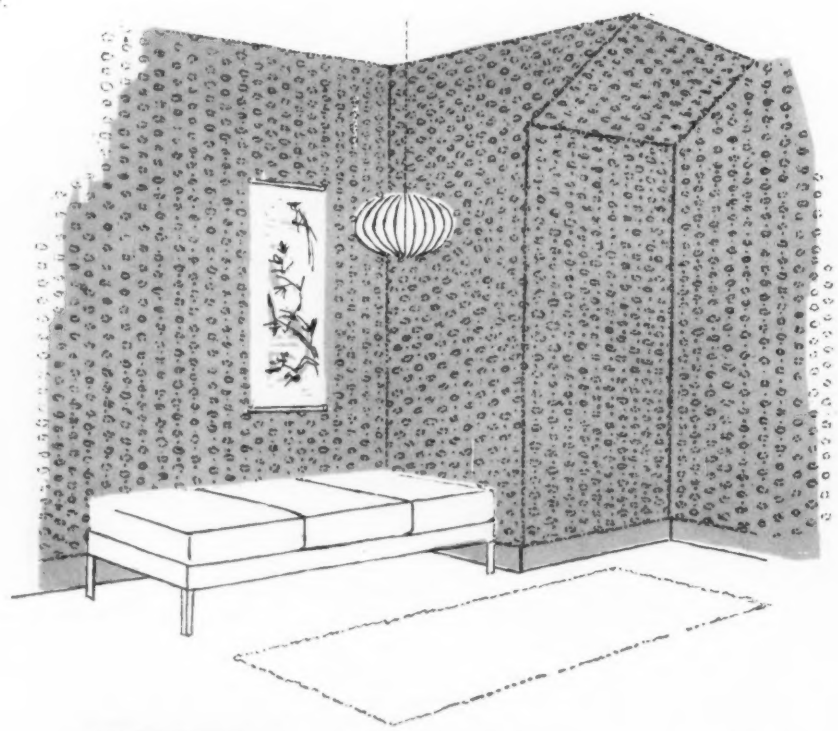


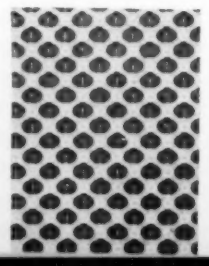


Perspective designs add space to small halls. For a handsome effect have other *décor* repeat objects in the paper pattern. A wrought-iron lamp, tree and horse bring this paper to life.



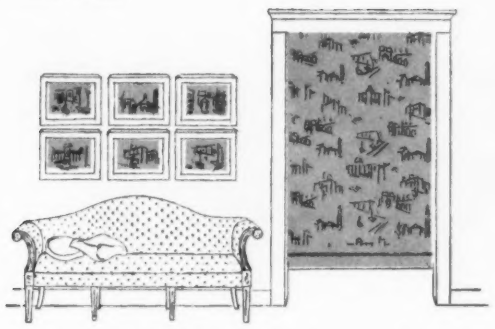
A wallpaper alcove looks deeper, makes a dramatic setting for furniture. Choose a bold design, and paint all the other walls to match the background color of the papered alcove.





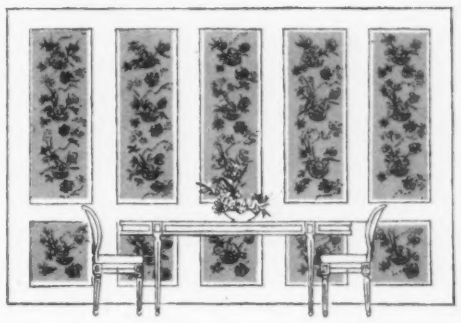
Hide wall jogs in a small room with a tiny allover design. In a room with dormer windows and sloping ceiling, paper the slanted part of the ceiling too. This design features a pumpkin shape, which is repeated in the hanging plastic light fixture.



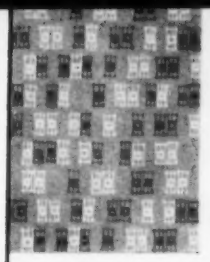


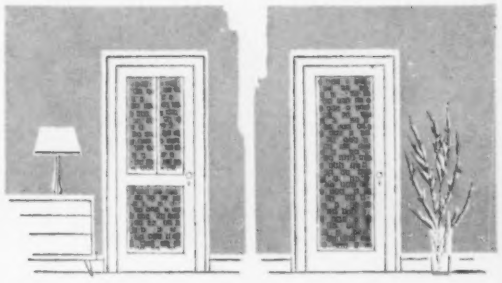
Frame individual scenes from a pictorial wallpaper and hang them in a group. For continuity in your *décor*, hang them in a hall adjoining a room papered in the same design.



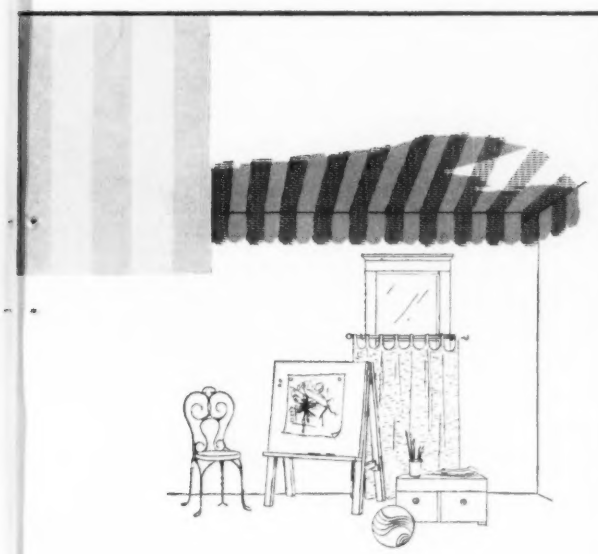


Wallpaper panels in a chintz design make a charming accent in a new room. Border the panels with ¾-inch half round molding. Paint rest of walls and the areas between panels.

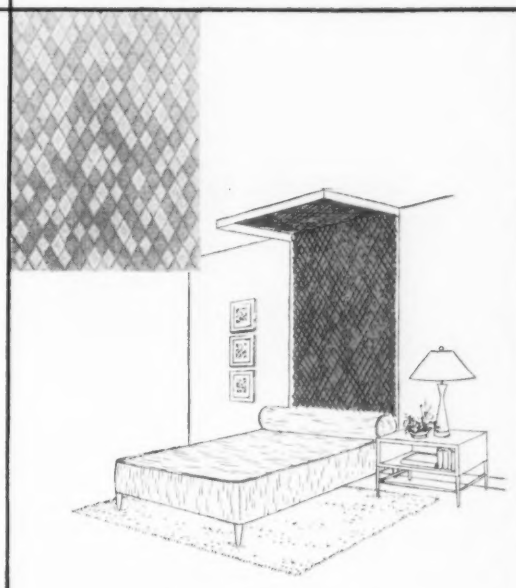




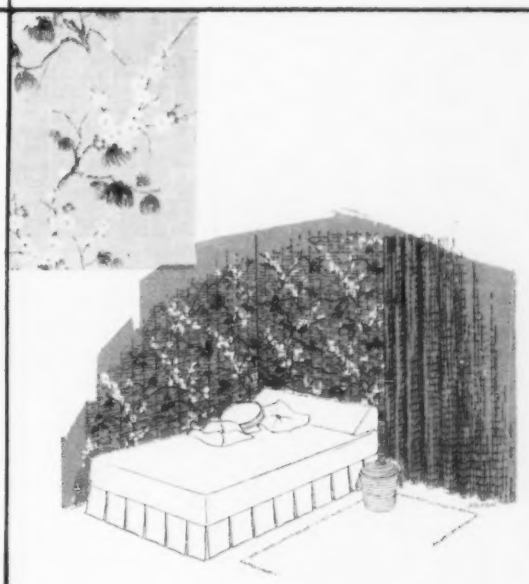
Papered door panels add interest to plain walls, or give a furnished look to a tiny hall that is all doors, little wall. Paint woodwork and walls in the paper's background color.



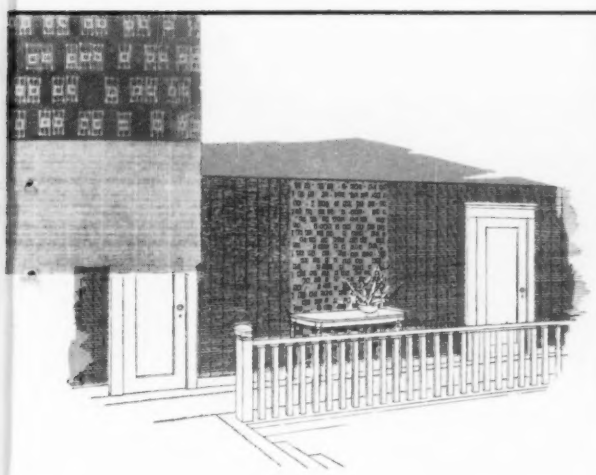
Lower a ceiling with a gay awning effect. Use a wide-striped wallpaper. Paper the ceiling, then cut a border five inches deep or more. Shape border scallops with a saucer.



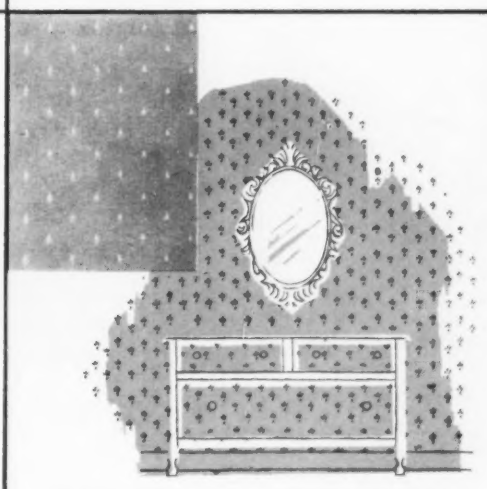
Make a bed canopy. Nail a ¼-inch plywood valance, the width of the bed, to ceiling. Paint outside, paper inside of valance. Frame the canopy's wall panel in half round molding.



An airy open design, like this gives depth to a small room. Match the bamboo-textured background of the paper with matchstick bamboo draperies painted in the same color.



Break up a long dreary hall with two alternating papers. Choose them in blending colors but contrasting designs. Combine a textured wallpaper with one in a larger, open pattern.



Glamorize an old chest for your hall or bedroom. Paper the sides, top and drawers to match the wall. Paint the exposed wood in a contrasting color taken from the wallpaper.

HOW TO DO A SUCCESSFUL JOB

On walls—use small patterns in tiny rooms and bold designs in large ones.

Combine patterns—have one large and flowing, the other small and static. With more than two patterns in a room (include rugs, draperies) choose a textured wallpaper.

Don't overlap to match pattern; Canadian papers are pretrimmed to line up perfectly.

Wash dull paper as confidently as shiny if your roll is marked washable.

A roll covers 32 square feet; give your dealer all room measurements, including all openings. For large areas, use double-length rolls (about five 8-foot strips).

More ways to use wallpaper on page 26

CHATELAINE MEALS OF THE MONTH

October

For crisp fall days serve new tasty dishes—plan your menus around the tested recipes you'll find in our October Cookbook page 49

	BREAKFAST	LUNCHEON OR SUPPER	DINNER
MON 1	Apricot Nectar with Lemon Puffed Cereal Toast Peanut Butter Coffee Cocoa	Chicken and Rice Soup Carrot and Raisin Salad Bread Pudding Milk Tea	Aylmer Glorified Swiss Steak* Whipped Potatoes Broccoli Orange Ambrosia Cream* Coffee Tea
TUE 2	Grapefruit Juice Scrambled Eggs Toast Jam Coffee Cocoa	Tuna Tamale* Sliced Tomatoes on Lettuce Cinnamon Apple Betty* Milk Tea	Lamb and Lima Stew* Creamed Parsnips Baked Potatoes Ice Cream on Jelly Roll Coffee Tea
WED 3	Apricot Nectar Raisin Bran 'Lasses Muffins* Jam Coffee Cocoa	Stuffed Pancakes* Celery Carrots Fruit Jelly Cookies Milk Tea	Minute Steaks Rice Carrot Coins Peppermint Chiffon Pie* Coffee Tea
THU 4	Fresh Pear on Prepared Cereal Fried Egg Toast Coffee Cocoa	Bacon and Tomato Sandwiches Relishes Honey Mincemeat Squares* Milk Tea	Vegetable Juice Beef Loaf* Potato Patties with Velveeta* Spinach Applesauce
FRI 5	Grapefruit Juice Hot Cooked Oatmeal Toast Jam Coffee Cocoa	Cheese Fondue* Celery and Olives Pears Chocolate Brownies* Milk Tea	Salmon Steaks Peas Mashed Potatoes Green Salad Lemon Dressing No-Bake Cheesecake* Coffee Tea
SAT 6	Orange and Grapefruit Juice Bacon Toast Grape Jelly Coffee Cocoa	Green Pea Soup Rolls Cheese Nesselrode Pudding* Milk Tea	Sizzling Steaks Parsley Potatoes Frozen Vegetable Superb* Peach Butterscotch Pie* Coffee Tea
SUN 7	Stewed Prunes French Toast Jelly Doughnuts Coffee Cocoa	Sardine Open Sandwiches* Fresh Fruit Bowl Mocha Milk Shakes* Tea	Roast of Pork Apple Jelly Scalloped Potatoes Buttered Beets Coffee Angel Torte*
MON 8	Orange Juice Eggnog Shredded Wheat Biscuit Toast Jam Coffee Cocoa	Stuffed Cabbage Leaves* Stewed Prunes Leftover Doughnuts Milk Tea	Baked Frozen Meat Pies Salad French Fried Potatoes Iced Cake Coffee Tea
TUE 9	Grape Juice Corn Flakes Toast Pear and Pineapple Jam Coffee Cocoa	Eggs Scrambled with Vegetable Soup Pickles Peach Halves Shortbread Milk Tea	Cold Roast Pork Applesauce Au Gratin Potatoes Chef's Salad Pumpkin Pie*
WED 10	Halved Orange Poached Egg on Toast Apple Jelly Coffee Cocoa	Chicken Pilaf* Raw Carrot Sticks Pear Compote with Ginger Milk Tea	Spicy Braised Steak* Baked Halved Pepper Squash Mashed Potatoes Treasure Tarts* Coffee Tea
THU 11	Tomato Juice Rice Cereal Toasted Scones Marmalade Coffee Cocoa	Bacon and Cheese Pie* Ketchup Fruit Salad Milk Tea	Breaded Veal Cutlet Buttered Noodles Cauliflower Rennet Dessert Coconut Oat Cookies*
FRI 12	Grape Juice Whole-grain Cereal Crusty Rolls Jam Coffee Cocoa	Pickle-stuffed Eggs on Spinach* Bread and Butter Sandwiches Chocolate Pudding Milk Tea	Tomato Juice Crumb-topped Baked Fillets* Baked Potatoes Green Beans Gourmet* Leftover Tarts
SAT 13	Sliced Fresh Pear Eggs Sunny Side Up Toasted Raisin Bread Peanut Butter Coffee Cocoa	Wieners and Beans Choice of Apples, Grapes Chelsea Buns Milk Tea	Barbecued Spareribs* Cooked Peas and Rice Spinach and Cabbage Salad Party Dessert* Coffee Tea
SUN 14	Half Grapefruit with Honey Finnan Haddie Toast Apple Butter Coffee Cocoa	Minestrone Soup* Raw Relishes Gingerbread with Cheddar Cheese* Milk Tea	Roast Chicken Whipped Potatoes Mixed Vegetables Lemon Chiffon Pie* Coffee Tea
MON 15	Blended Juice Cereal Flakes Muffins Conserve Coffee Cocoa	Ham Sandwiches Cole Slaw Mayonnaise Meringue Spice Cake* Milk Tea	Chicken and Asparagus Casserole* Diced Turnip Florida Tarts* Coffee Tea
TUE 16	Pineapple Juice Puffed Wheat Toast Marmalade Coffee Cocoa	Cheese Chow Mein* Dill Pickles Canned Plums Cookies Milk Tea	Liver Creole* Boiled Potatoes Sauerkraut Spice Cake (leftover) Coffee Tea
WED 17	Half Grapefruit Eggnog Oatcakes Syrup Coffee Cocoa	Broiled Luncheon Sandwiches* Sherbet Milk Tea	Pot Roast* (includes vegetables) Golden Mountain* Coffee Tea
THU 18	Blended Juice Bite-Size Shredded Wheat Date Bread Jelly Coffee Cocoa	Cucumber Soup* Chopped Egg Sandwiches Crushed Pineapple Milk Tea	Indian Curry (cold leftover meat)* (includes rice) Jellied Vegetable Salad Broiled Half Grapefruit
FRI 19	Tomato Juice Back Bacon Hot Buns Conserve Coffee Cocoa	Buffet Oysters* Green Salad Blancmange Milk Tea	Macaroni and Cheese Green Pepper Rings Tomato Slices Ice Cream Nuts Coffee Tea
SAT 20	Apricot and Orange Juice Hot Cereal Toast Lemon Butter Coffee Low Calorie Cocoa*	Creamette Mexican Salad* Peach Crisp Milk Tea	Baked Ham Crushed Pineapple Sauce Brussels Sprouts Hubbard Squash Angel Food Cake
SUN 21	Whole Orange Waffled Frankfurters* Maple Syrup Coffee Cocoa	Corn Chowder Tea Biscuits Cheeses Milk Tea	Roast Leg of Lamb Mint Jelly Oven-browned Potatoes Asparagus with Olive Sauce* Three-Tone Pie*
MON 22	Grape Juice Ready-to-eat Cereal Toast Honey Coffee Cocoa	Luncheon Apple Salad* (Use Leftover Ham) Cornstarch Pudding Peanut Butter Macaroons* Milk Tea	Shepherd's Pie Buttered Spinach Iced Chocolate Cake Fruit Coffee Tea
TUE 23	Grapefruit Sections Soft-cooked Eggs Toast Berry Jam Coffee Cocoa	Zesty Crab Meat Spread Sandwiches* Pickles Chocolate Cake (leftover) Milk Tea	Lamb Patties Mashed Potatoes Broccoli Hollandaise Sauce Cottage Cheese Pie* Coffee Tea
WED 24	Peach Nectar Scrambled Eggs on Toast Mushroom Soup Sauce Coffee Cocoa	Grapefruit Salad Ring* Steamed Carrot Pudding Milk Tea	Surprise Meat Roll* Peas Cherry Pie Coffee Tea
THU 25	Apple Juice Prepared Oat Ring Cereal Toast Honey Butter Coffee Cocoa	Minced Ham and Bean Sandwiches* Cup Custard Milk Tea	Pork Chops Orange Sauce Sweet Potatoes Lima Beans Apricot Bavarian Coffee Tea
FRI 26	Tomato Juice Grilled Fish Lemon Toast Coffee Cocoa	Cheese Soufflé Green Salad Cherry Pie (leftover) Milk Tea	Noodles and Sautéed Shrimps* Corn Quickies* Steamed Pudding Rum Sauce
SAT 27	Prune Nectar Quick-cooking Oats Toast Jam Coffee Cocoa	Welsh Rarebit Cole Slaw Fresh Fruit Cup Milk Tea	Crispy Fried Tabasco Chicken* French Fries Wax Beans Pumpkin Pie Coffee Tea
SUN 28	Half Grapefruit Pancakes and Molasses Hot Mocha Java*	Down East Stew* Lemon Snow Milk Tea	Roast of Beef Potatoes Corn Fritters Gravy Fruit-filled Meringues Coffee Tea
MON 29	Whole Orange Whole-grain Cereal Toast Honey Butter Coffee Cocoa	Sausage Peach Snacks* Leftover Pumpkin Pie Milk Tea	Chinese Green Pepper Steak* Shoestring Potatoes Molded Vegetable Salad Pineapple Betty* Coffee Tea
TUE 30	Prune Nectar Ready-to-eat Cereal Hot Buttered Corn Bread Coffee Cocoa	Orange Gourmet Scramble* Junket Nutmeg Quick Hermits* Milk Tea	Onion Liver Bake* Mashed Potatoes Cream Creamy Green Beans* Baked Alaska Coffee Tea
WED 31	Orange Juice Bacon and Eggs Toasted Crumpets Coffee Cocoa	Corned Beef in Piquant Sauce* Corn Bread with Syrup Milk Tea	Cider Quick Glazed Ham Steaks* Candied Sweet Potatoes Cauliflower Hallowe'en Pie†

Chatelaine Recipe of the Month

† HALLOWE'EN PIE

1 9-inch chocolate crumb pie crust
1 tablespoon unflavored gelatine
¼ cup cold water
½ cup sugar
¾ cup orange juice
½ teaspoon salt
4 egg yolks, well beaten
1 tablespoon lemon juice
1 tablespoon orange rind
4 egg whites
½ cup sugar
1 cup heavy cream, whipped
Few drops orange food coloring

Soak gelatine in water. Combine ½ cup sugar, orange juice, salt and egg yolks in top of double boiler. Stir and cook slowly, about ten minutes. Stir in dissolved gelatine and grated lemon rind. Chill. Beat egg whites gradually adding ½ cup sugar. Beat heavy cream until stiff. When custard begins to thicken, beat until fluffy. Fold in egg whites and cream. Add orange food coloring. Fill pie shell. Chill thoroughly.

Chocolate Crumb Crust

Combine and mix 1 ⅔ cups finely rolled chocolate wafers, ¼ cup soft butter or margarine, ¼ cup sugar. Press into even layer against bottom and sides of 9-inch pie plate. Bake at 375 deg. F. for 8 minutes. Cool.

**These recipes appear elsewhere in this issue*



QUICK CHILI CON CARNE

Cook until lightly browned ½ lb. ground beef with 1 large chopped onion and 2 minced garlic cloves. Blend in 1 can Campbell's Tomato Soup, 4 cups undrained cooked kidney beans (2 No. 2 cans), 1 tablespoon chili powder and ½ teaspoon salt. Cook about 5 minutes. Makes 6 servings.

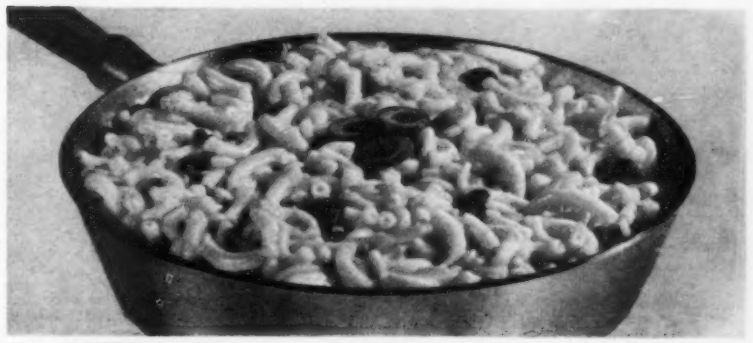
Skillet Suppers – quick and delicious!



by ANNE MARSHALL
Director Home Economics
Campbell Soup Company Ltd

Here are 4 quick ways to cook delicious meals and make your busy life a little easier. Skillet Suppers practically make themselves—and take only one pan in the doing!

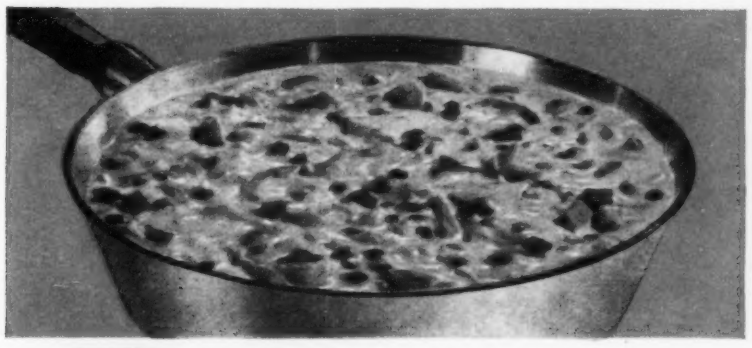
The basic idea's so simple, you scarcely need a recipe. Just take one of Campbell's Cream Soups—blend with cooked macaroni and cheese, or a can of tuna, shrimp, chopped meat or what you have handy. Heat in a skillet for a few minutes. Before you know it, you've a delightful meal ready to put before your family. Just to get you started, try these four tempting recipes. Then have fun making up your own Skillet Suppers! With Campbell's richly flavored soups, they can't help being good!





SKILLET MACARONI

Combine 1 can Campbell's Cream of Celery Soup with ½ cup milk and 2 cups shredded sharp process cheese. Heat until cheese melts. Then stir in 4 cups cooked macaroni (About 8 oz. uncooked) and ¼ cup sliced stuffed olives. Heat together. 6 servings.





TUNA TREAT

In a skillet, combine 1 can Campbell's Cream of Mushroom Soup, ½ cup milk, 1 cup drained flaked tuna (7-oz. can), 1 cup drained cooked green peas, and 1¼ cups crushed potato chips. Heat and serve with golden slices of toast. Garnish with diced pimento or parsley for a dash of color. 4 servings.





SHRIMP CREOLE

In a skillet, cook 1 large sliced green pepper, 1 large sliced onion and 1 small minced garlic clove in 2 tablespoons shortening. Stir in 1 can Campbell's Tomato Soup, 2 teaspoons lemon juice, ½ teaspoon salt, a dash of black pepper and 2 cups cooked shrimp (2 5-oz. cans). Heat and serve over rice. 6 servings.

Campbell's Soups

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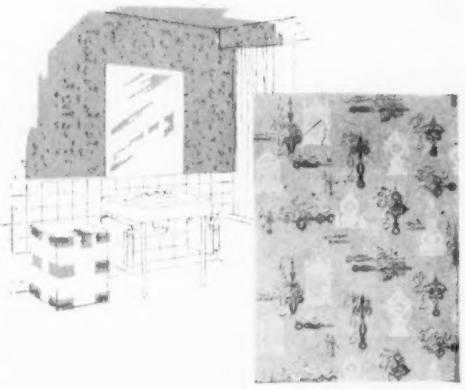
The Sunbeam has the larger ironing surface—over 30 square inches, for more ironing in less time. It has the easy-to-set Steam or Dry Control Button up in the handle, where it is always cool and convenient. Just dial the steady, low heat for your finest lingerie, or the quick, high heat for heavy, dampened linens. Switch instantly from STEAM ironing to DRY ironing or from DRY to STEAM. The Standard-type Sunbeam heats quicker—stays hotter—irons faster—steams longer than most other irons of this type.

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Patterns with a purpose



Repeat the motif. You needn't limit wallpaper to the walls, when you choose a well-defined design. Cut out and paste the design on accessories or furniture. In this bathroom a pattern of keys and clocks is used for the walls. Key shapes are then cut out and pasted to the corners of the laundry box to create the clever effect of hardware hinges.

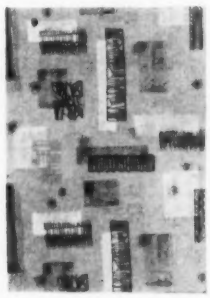




Give a focal point to an otherwise uninteresting bedroom with a floral-papered wall behind the bed. Clip bouquets from the same floral paper and paste them on another wall to frame a boudoir mirror. Paint rest of walls the background color.



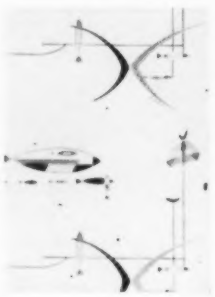
Combine patterns in a room and adjacent hall. For the room: sprigged flowers on brick. For the hall: plain brick.



Suit the motif to the room's purpose. This design, which suggests book shapes, is a good choice for library, den.



For charm, paper the ceiling of a tiny room in a starry scattered print. Paint walls in a light shade taken from paper.



Modern accent. Use a wide-open mobile motif for an exciting accent wall in an entrance hallway or a living room.



Rough, broken or badly patched walls look as smooth as silk with a mottled design like this to conceal the bumps.



Large rambling rooms can be pulled together with a strong definite pattern which will distract from irregularities.

Continued on page 28

Where there's drama . . .
there's

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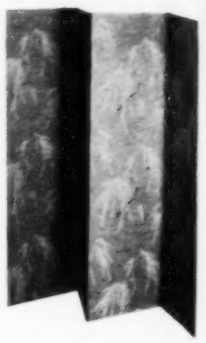
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KOTEX 12's IN 3 SIZES: REGULAR, SUPER, JUNIOR
KOTEX 48's: REGULAR

Handsome accents for the price of the paper

Paper a cardboard screen (buy the screen for less than two dollars). Measure paper lengths for back and front of screen, match pattern without overlap. Allow 1-inch overlap at top, bottom and each end. If fabric tape binds screen edges, dampen the tape well with paste first, then apply pasted paper. Wash off paste marks.



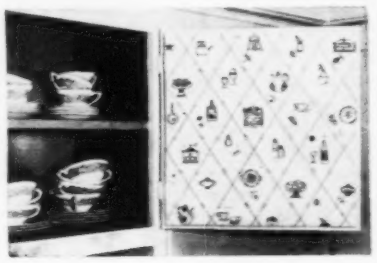
To paste wallpaper: Use either commercial powder paste or make flour paste (2 cups cold water, add 4 heaping tablespoons flour; bring to boil, stirring constantly to prevent lumps. Use warm or cool). Apply to paper.



New life for an old table. Wallpaper it in a tiny allover design, easy to match. Don't overlap table-top surface; overlap edges and legs.

Line cupboard doors with a cheerful printed paper—for a pleasant surprise each time you open the door.

Plastic-coated paper: If you use this type of wallpaper, let each piece sit a few minutes after you have applied the paste to it. This paper stretches a little with the dampness of the paste, so be sure to let it stretch before you apply it.

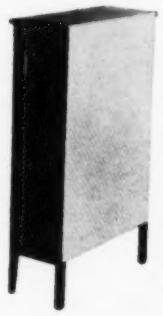


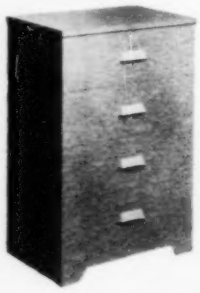


Roll a lamp shade along paper and mark the width and length of the strip. Allow an inch extra width, and overlap at join. Shades are smaller at top, so your strip will be arc-shaped. Trim off edges with a razor after the paste dries.

Back-view trick. Cover exposed, unfinished furniture backs.

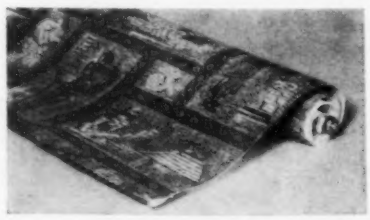
To use prepasted paper: This paper has wet strength and handles like fabric when damp. Measure and cut a strip the height of the furniture back; roll it. Now put this roll through a half-filled water trough for prepasted paper (obtained from your dealer). Slip dampened strip onto back.





Chest for beginners. This textured tweed paper is easy to use because there's no pattern to match. Remove all the drawers. Now cut and paste paper to chest sides and top, without overlapping. Take handles off the drawers. Paste on paper, turning it over the drawer edges—at top, bottom and sides. Wait for paper to dry, replace handles.

Paper a window blind. Remove roll and stick; soak blind in water a few minutes so fibres expand to fit paste-dampened paper. Cut out paper with an extra inch each side and turn up at bottom. Paste to dampened blind. Dry, turn to unpapered back and use a steel-edged ruler and razor to trim excess paper at sides.



Continued on page 30



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She's wearing a buckle jacket snowsuit in water-repellent poplin, priced about $12.95.

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For boys 8-18

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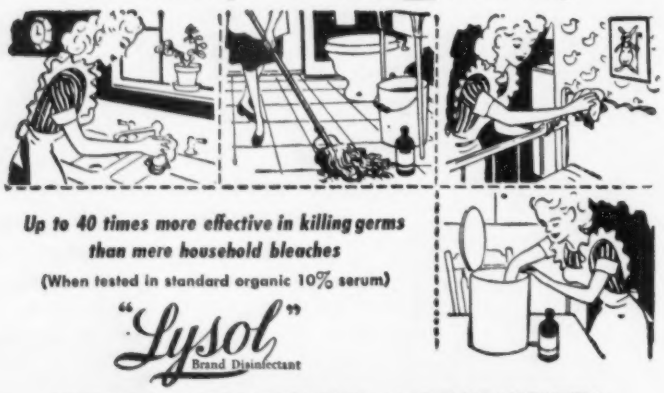
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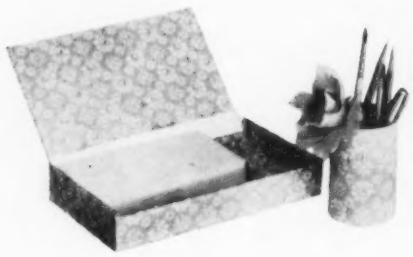
Up to 40 times more effective in killing germs than mere household bleaches

(When tested in standard organic 10% serum)

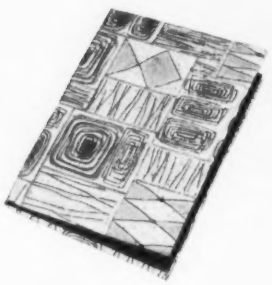
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Cover-up tricks for all through the house



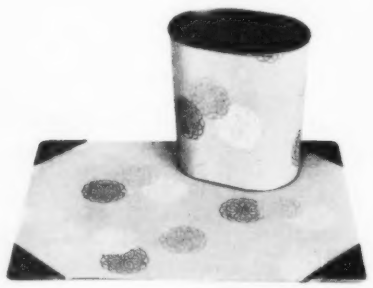
Desk set—a cigar box for letters or bills, a tin can for pencils. (*Wrap* the can as for canisters below.) Paste paper to outside of box with margins overlapping inside. Now, neatly paper over inside. Hinge the inside back cover with cloth tape.



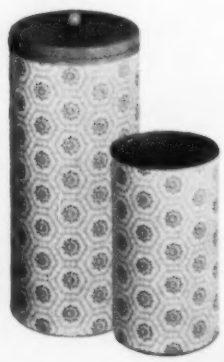
Cover address pads, telephone books or albums. Cut the wallpaper cover with an inch margin all round to turn over book cover. Spread the paper with thin paste, and paste to book. To hide untidy margins inside, paste another sheet of wallpaper over inside covers.



Make your own place mats or a youngster's desk pad. Start with a sheet of ¼-inch mill board from an art supply shop. Mats are 11 by 18 inches, the pad is 15 by 20 inches. Cut corners off board, then cut wallpaper with an inch turnover all round. Before pasting paper to board, slash margin at corners for a neat fit. Paper the back, too, to prevent warping.

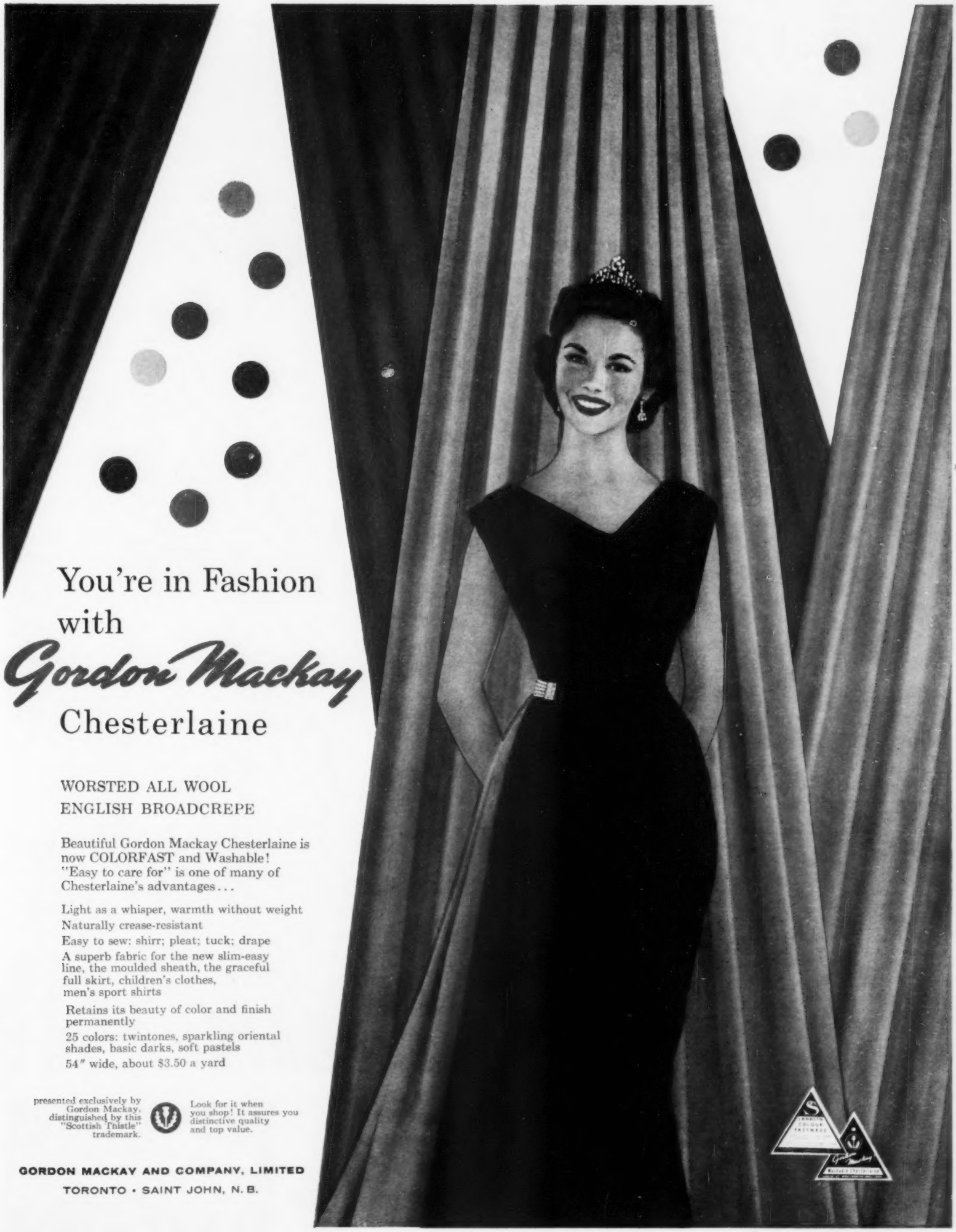


Match a desk pad and basket. To cover a regulation blotter, you have to use the paper sideways, so don't choose an up-and-down design. Fold over margin, and slip blotter back in pad. *Wrap* basket same as canisters.



Canister set. The easiest way to cover a metal box or cylinder shape is to cut a paper strip to fit the circumference without overlapping. Seal the join with a strip of transparent cellulose tape. To get the width of your wallpaper strip, measure the height of the article from the top of the rolled metal at the base just up to the protruding lip where the lid fits over. If the article has no lid, measure the height between the metal rolls at the top and bottom edges. ◆





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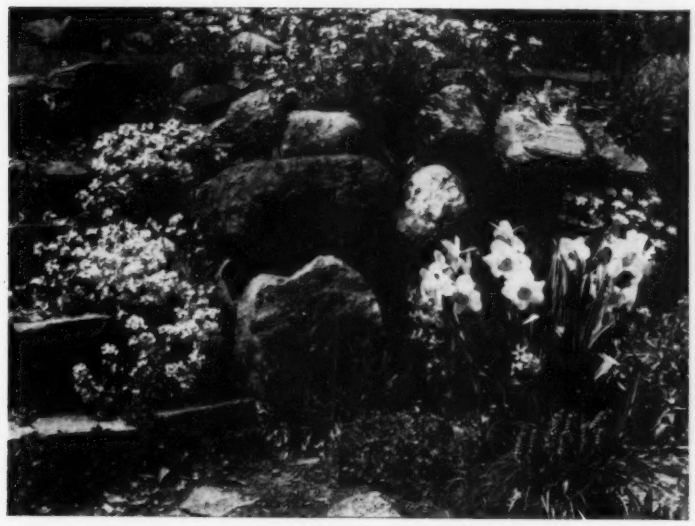
Newest of those treasured Tex-made flannelettes that Canada buys 3 to 1 over any other blanket: the intriguing Lamsdowne. Here is a spirited fashion . . . with colourful horizontal stripes cascading across the width of the bed. Totally washable, it's sure to endure for many toast-warm winters. Tex-made priced, of course —just right for your budget.

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Add weeks now to your Spring garden

Plant bulbs timed to flower early and late for extra weeks of color next spring

By HELEN O'REILLY

HAS IT ever struck you that we gardeners are always several jumps ahead of everybody else? Take this month of October. Right now every Canadian is behaving as though he or she had invented autumn colors and had applied them with particular success this season. We gardeners are taking as much credit as anyone, of course, but we are also having a wonderful time planting next spring's colors in our borders. For us, the winter ahead is merely a well-regulated refrigerator for our spring-flowering bulbs.

As to what bulbs to put into winter's cold storage, the choice is so overwhelming and the description of each daffodil and tulip so alluring, that unless you set yourself a definite plan you may end up, as I did one spring, with a border looking like a drift of confetti. It was gay, but more bewildering than satisfying! You will have far more pleasure from your spring bulbs if you plant with a time schedule and a color scheme firmly in mind.

By following a time schedule I mean choosing your daffodils and tulips with an eye to their time of blooming. By careful selection you can have daffodils in your garden for six weeks and tulips for two months!

Daffodils for Weeks

Let's begin with the daffodils (narcissuses to the cataloguers) for they are the lovely harbingers of spring. The first bloomers are the little ones —February Gold and Peeping Tom are the ones I know. Technically they're called the cyclamineus hybrids. Next come the jonquils and their hybrids, distinguished by their delicious fragrance. Then come the triandrus hybrids, such as *Thalia,* which has two or three snow-white flowers on one stem. None of these earlier daffodils have the magnificent size and color of the newer varieties but they have a delicacy and a sweetness that is most endearing.

After them come the glorious giant trumpets in yellows, in white, and in both combined. These are what I call "regular" daffodils with the trumpet, crown or cup as long as or longer than the outer circle of petals (the perianth segments). Their period of bloom is so heartbreakingly short that it must have been to them the poet wrote:

Fair daffodils, we weep to see
You haste away so soon . . .

These giants are followed by the large-cupped varieties (here the crown is shorter than the back petals) and the choice is wonderful: pure white or delicate yellows with frilled cups of orange or orange-red. These are perhaps the most elegant daffodils of all and longer-lasting than the giants, particularly if there is not an early heat wave.

Next on the daffodil calendar come the doubles and I must confess that, although these are stunning when grown indoors in pots, I have no luck with them outdoors. Either the flowers grow so large and heavy that they fall over or the buds dry up before they open! Last of the daffodils to flower are two groups with the con-

Continued on next page

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Continued from previous page

fusing names—poetaz and poeticus. If you can pin the paper-white or Chinese sacred lily to the poetaz group, you will remember that these dainty narcissuses grow in clusters. Poeticus, or poet's narcissus, is the old-fashioned Pheasant's Eye and its modern variations. These last fragrant daffodils bloom as the latest tulips come into flower and they are perfect for picking.

Tulip Timing

The earliest-blooming tulips actually make it a race with the first daffodils; they are the water lily or wild tulips properly called *Tulipa Kaufmanniana*. The original species is white with a yellow centre and it opens wide in the spring sunshine like a water lily on a pond. Next come the Fosteriana hybrids, of which the most famous is Red Emperor whose huge petals are an unbelievably brilliant scarlet satin. In bloom at the same time are the little species tulips such as the Lady Tulip (Clusiana), crisp as a sugar stick in white and crimson, and Praestans Fusilier with three to five orange-scarlet flowers on a stem. After these smaller gems come the official early tulips, called simply the single and the double earlies. Here the fragrant singles like General de Wet and Prince of Austria lead off, followed quickly by the doubles such as Scarlet Cardinal and the pure yellow Van der Hoef. Both single and double earlies are long-lasting in the garden so it is a pity to overlook them for the more spectacular later-blooming tulips.

But there is no doubt these latter-day tulips are so dazzling it is hard to concentrate on timing! Before I forget to mention it, the rest of the order of precedence is the new Triumphs and Mendels, followed by the big three in quick succession—the cottage, the Darwin, and the breeder tulips. Among these later glories are the peony-flowered tulips, the flamboyant parrot varieties, and the graceful lily-flowered tulips that are so charming for flower arrangements. In all these groups there are such mouth-watering colors, such variety of height and shape, that time alone is no restraint—nothing but a positive color scheme will hold you down!

Perennials for Background

For spring color the oft-neglected early perennials set off the beauty of daffodils and tulips far better, to my mind, than what I call regimental planting. Among these there is nothing like the riotous choice in bulbs, so choose your perennial favorites first and design your color scheme around them. Most of them are sitting in the nurseries right now and you will be ahead of the game (even of your fellow gardeners!) if you settle them in now instead of waiting for spring.

First of these sweet early flowers to bloom is Pulmonaria which you may know as Bethlehem sage or Jacob's coat. It grows equally sturdily in sun or shade to about a foot in height and its flower clusters are rosy violet, its leaves dark green with white markings. I have seen it flower before the daffodils. Next comes *Arabis*, or rock cress, which makes a deep carpet of white or pink through which your bulbs will thrust their flowers with the greatest nonchalance. Aubrietia, called purple rock cress, is a mass of tiny flowers in violet tones and will make another scatter rug for your garden *décor*. *Alyssum saxatile* will stand in foot-high clumps and you may judge of its charm when I tell you its popular names are basket-of-gold or madwort! It is the color of sunshine, a joy to behold.

While the alyssum is in full spate (it always reminds me of a cascade of sunbeams), *Mertensia virginica* flings out its little ruffled flowers of clearest blue on stalks that are sometimes two feet tall—perhaps you call this Virginia bluebell. Dwarf bearded iris adds another ray of blue. So does the tiny forget-me-not, if you will plant it in masses to get the full effect. (Search for it in the catalogues under M for Myosotis!) Another of these treasure hunts will be for perennial candytuft which makes a wonderful chunk of white in the spring blaze of color. It is officially *Iberis* and I suggest you demand *Iberis sempervirens* if you can. Then comes *Ajuga* or budle flower—but there, I must have made confusion fully confounded.

Complicated as it sounds, if you will choose each year daffodils that follow each other, tulips to bloom in succession, and these perennials to complete the picture in their turn, I know you will have a spring garden to rejoice the heart. ◆

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THE TROUBLE WITH ADA

Continued from page 19

membered to change his sheets and towels and sweep his tobacco crumbs off the splintery floor. At these times she occasionally wondered if her father-in-law would ever learn to make his bed with hospital corners. She'd shown him how enough times, and how to turn the counterpane back, just so, the way she did her bed and John's.

She watched as the old man turned away from the sink and looked toward her. She already had her smart, yellow hat on, as a sort of notice that, except for cleaning up after him, she was ready to go.

"I'll do the dishes, Ada," Mr. Meigs said, "and empty the scrap baskets, and . . ."

"No, no," Ada said, half bantering, half impatient. "Our dish supply can't stand many more of your dishwashings."

"I know," the old man said apologetically. "I'm trying to find where I can buy your pattern . . ."

Mr. Meigs turned to the counter beside the sink where the garbage bag lay. He put one hand carefully on either side of the bag, picked it up, and turned toward the back door.

"Well, at least I can take out the garbage," he said cheerfully.

It was not a mistake he made often, and he realized, just a split second too late, that it was going to happen.

"Look out!" Ada called, as the soggy bottom burst out of the garbage bag and splattered the contents of the sack onto the red-and-black linoleum.

"Oh dear!" Mr. Meigs said, looking down at the flattened heap of garbage. "I'm terribly sorry, Ada!"

Ada Meigs sucked in her breath and shut her eyes.

"Honestly!" she said.

The old man got down on one knee and began to gather the pile together with his hands.

"You go on," he said. "I'll clean it up. I did it."

"You did it, all right!" Ada said. She walked swiftly toward the old man. "No, let me," she said. "You'll just find some way to make it worse."

"No, I won't, Ada. I'll just . . ."

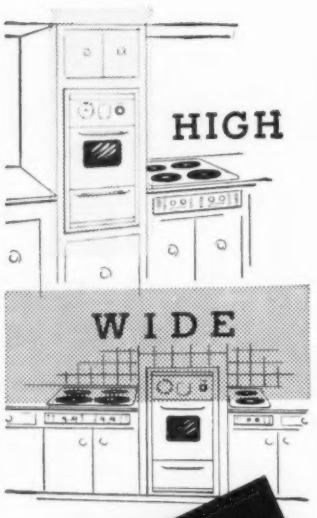
"Go fiddle with your stamps!" Ada said. "Or take a walk, or do *something!* Please leave the kitchen to me!"

"Well, I'd like to help," Mr. Meigs said slowly. "Isn't there something for me to do?"

"There's plenty to do," Ada said crisply, looking at her tiny wrist watch, "but I doubt if you could do it!"

Mr. Meigs, with the implication clearly before him that he was too old and doddering to be of use to anyone, climbed slowly up the unpainted, unrailed stairs to his room. Shaking his white head slowly, he sat down on the straight chair lent reluctantly from the kitchen (it made the kitchen one chair short when John was home, which was not too often) and leaned his elbow on the unpainted pine table.

Oh well, Ada meant no harm, he knew that. She just had a lot to do, that was all. Mr. Meigs knew that an old man is a lot of trouble around the house. And he knew, too, that he was lucky to have



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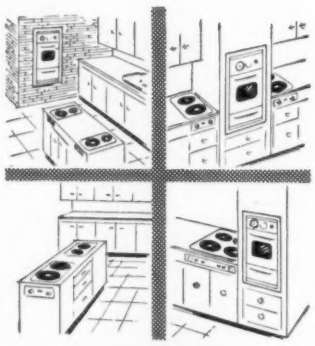
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a son who wanted to take him in and look after him. Still, no one liked to be thought of as a burden or reminded constantly of his uselessness.

Mr. Meigs shrugged. Thank heaven he had his stamps, he thought.

He pulled his chair closer to the table and opened the latest envelope of stamps sent on approval by one of the big mail-order stamp houses. He pulled his well-thumbed catalogue into easy reach and picked up his magnifying glass. He was now ready to embark on his exciting daily journey through the varicolored stamps of countless foreign countries, all endlessly exotic and far away from the world of wallboard rooms and garbage bags.

Sometimes Mr. Meigs became so absorbed in his stamp travels that he forgot lunch. Ordinarily, when Ada was home, lunch was served promptly at twelve o'clock. Ada never summoned Mr. Meigs to this meal, expecting him rather to keep an eye on the clock and save her the trouble and the time. Time, Mr. Meigs knew, was terribly important to anyone as busy as Ada. Finally, on these days, when at twelve-thirty or one o'clock his stomach called him back gently from Portugal or China or Afghanistan, he would totter down the steep stairway and out into the empty kitchen to find Ada gone, and his lunch sitting on the table, soup cold as ice, yesterday's meat loaf which had been briefly warm at noon now frigid, his coffee even colder.

"I thought you might be sleeping," Ada had told him once, when in his most apologetic tone he'd mentioned not being called. He told her he never napped during the morning unless he had one of his colds, but just then the telephone rang, and Mr. Meigs guessed the whole thing had slipped Ada's mind.

After all, it was probably his own fault if Ada was a trifle short with him now and then, and . . . well, it was still worth it to be with his son during the few brief days he was home between trips. He couldn't really blame Ada, who had married John in a ceremony that mentioned love, honor, and obedience, but had made no mention whatever of caring for doddering old fools like himself. It was an imposition, and he knew it, but what else could an old man do, with only an old-age pension of forty dollars a month, and a few hundred dollars in the bank.

As Mr. Meigs focused his magnifying glass on the first stamp, he had a fleeting, troubled vision. He seemed to see the years ahead of him (how many?) stretching out like a narrow, threadbare carpet laid across a vast swamp of quicksand. And he realized suddenly that without the brief visits from John — and his stamps — he would long ago have been swallowed up in the bog.

Mr. Meigs had a headache when Ada arrived home that night. She stood in the entrance to the living room and fixed him with a shrewd stare.

"You have another headache, don't you?" Ada said flatly.

Mr. Meigs laid down the evening newspaper he had been pretending to read.

"Well . . . just a little bit of a one."

Ada went to her room, hung up her coat and hat, and then, before going back to the living room, went upstairs to make sure Mr. Meigs had got himself fresh towels—it was Wednesday, fresh-towel day. He hadn't. Then she saw that the floor of his room was littered with tiny stamp hinges.

Ada set her mouth. It had been a rotten day, working first with that doltish Mrs. Richards, who couldn't even add, and then with the stubborn manager of the civic auditorium. And then the hurried lunch, and the afternoon of phone calls, the depressing search for volunteers, and finally the long ride home on the crowded trolley. And now this—no clean towels, an untidy room, an ailing old man to look after. *She* had a headache, too, she discovered, but at least she'd done something to deserve hers!

She walked back downstairs and stood once more in the doorway of the living room.

"I suppose you stared yourself blind at those stamps all day," she said accusingly, "instead of taking a walk, as I told you."

"Well, I did work at them a bit," Mr. Meigs said. "I guess I got sort of . . . engrossed . . . and forgot about the walk."

"Once you start on those stamps, you forget about everything!" Ada said in annoyance. "Those stamps are killing you, that's what they're doing!"

"Oh, no . . . no . . ." Mr. Meigs protested, his head quivering negatively from side to side. He took off his glasses and rubbed his aching eyes. "No, no," he repeated.

Ada lifted her hands to her temples. "Father Meigs," she said ominously. Her mind was whirling. Clean-towel day, she thought . . . that stupid Mrs. Richards! . . . stamp hinges all over the floor . . . the crowded, jostling trolley . . . that positive idiot, Bertha Richards!

"I'm afraid you'll have to get rid of those stamps, Father Meigs," she said at last.

Mr. Meigs's mouth dropped open, and he stopped rubbing his eyes.

"I . . . I what?" he asked, incredulous.

"I've tried everything I know to get you outdoors," Ada said, "but you still sit in that room all day long. Your stamps are ruining your health. You'll have to get rid of them!"

"Get rid of . . . my stamps?" Mr. Meigs said, horrified.

The crease between Ada's eyebrows deepened. "I hate to make you do it," she said, "but if I don't, in no time at all you'll have no eyesight!"

"Why, my eyes are all right, Ada," Mr. Meigs protested. "Why . . . why, I've been collecting stamps all my life. It hasn't hurt my eyes."

"It's where your headaches come from, that's for certain," Ada said. She walked across the room, turned her back on Mr. Meigs, and impatiently fluffed an already perfectly fluffed pillow.

"Actually, I don't have many headaches," Mr. Meigs said.

"How about last Friday?" Ada demanded. "Don't tell me you didn't have one then."

"Just a tiny one," Mr. Meigs said. "Like this one."

"You've had others," Ada said. "Lots of them. And you'll be having more if you keep the stamps. No, they have to go. I'm sorry, but that's final."

Mr. Meigs felt very tired. "How would I pass my day, Ada," he asked quietly, "if I got rid of my stamps?"

"You can get another hobby," Ada snapped. Her own headache was throbbing viciously, right in the middle of her forehead. "Some hobby that doesn't make you use your eyes. Or your money," she added.

Mr. Meigs winced. It was true, he knew, that stamp collecting was a luxury



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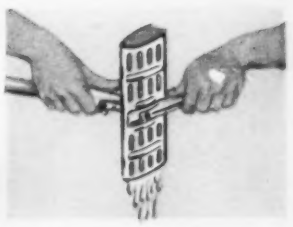
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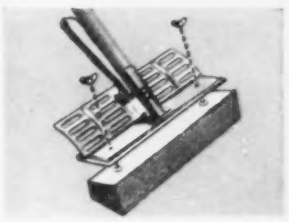
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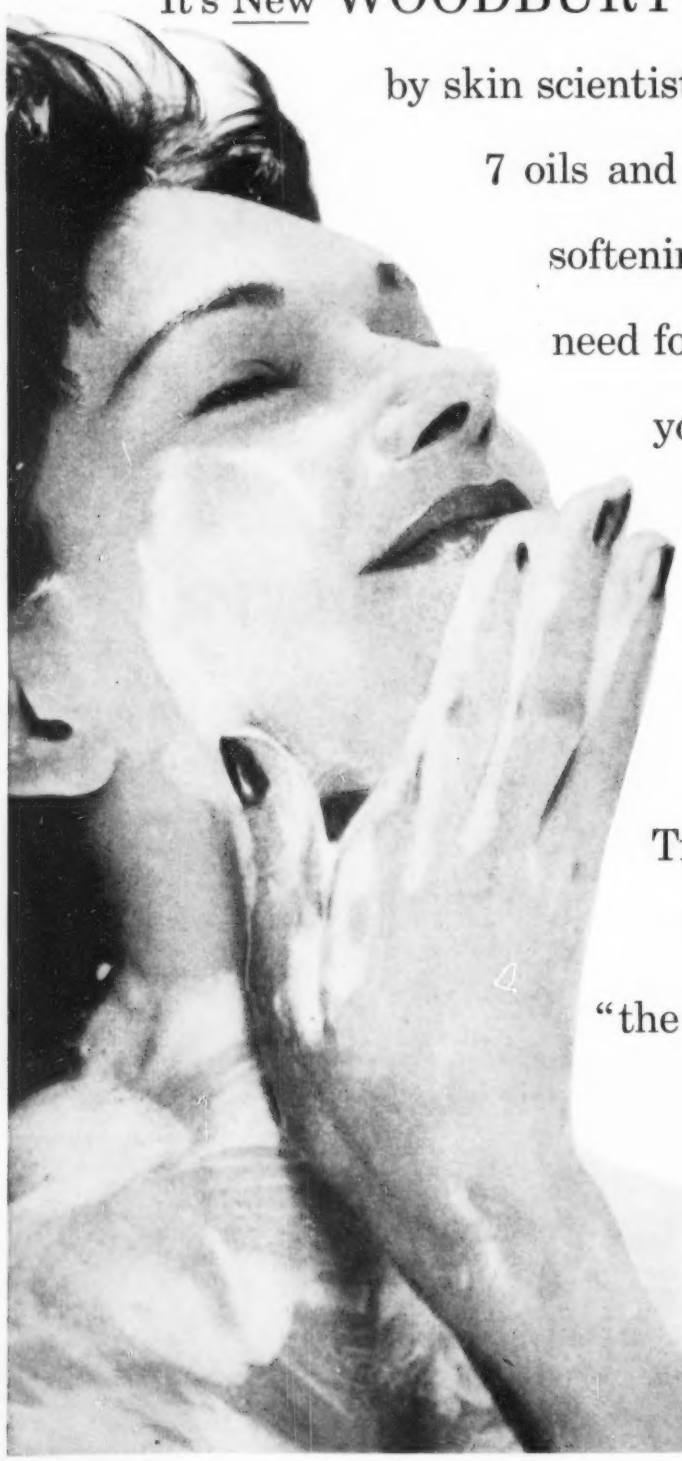
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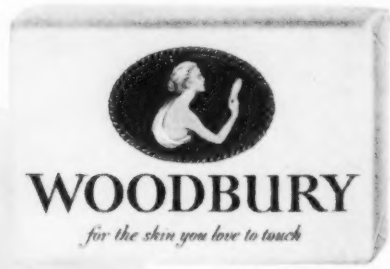
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for an elderly man who is dependent on his son and daughter-in-law for subsistence. Mr. Meigs had insisted on giving Ada half of his forty-dollar pension for room and board; the rest was quite adequate for his small expenses. About ten dollars a month went for new stamps (when he'd been younger, he'd often spent a hundred dollars for stamps, at one crack!).

"I always thought I'd leave my collection to John," Mr. Meigs said. In a way it justified the present expenditures somewhat.

"John has no time to dawdle over stamps," Ada said impatiently. "Besides, the main thing is that he expects me to look after you while he's off, and I can't do it if you're going to buck me every step of the way. I say you're killing yourself with that stamp collection, and throwing away what little money you have in the bargain. So—for your own good, mind you—out it goes! Tomorrow!"

Mr. Meigs paled at the enormity of what Ada had suggested.

He knew one thing for certain. He'd never sell the stamps. Why, it would be almost like . . . like selling John! John and the stamps, that was all he had.

"Dinner will be ready in fifteen minutes," Ada said. "Please be on time. I have to go out again afterward."

"Don't cook anything for me, Ada," Mr. Meigs said wearily. "I'm going to lie down. I'm not really . . . very hungry."

Mr. Meigs's headache was pounding ferociously by the time he reached his room. He lay down on his bed and stared up for a moment at the stains on the sagging wallboard ceiling.

Maybe Ada was just a little bit right about the stamps, he thought. Maybe he shouldn't go at them all day long. Maybe he should take a good long walk every afternoon for a while and see if it helped the headaches. But as for getting rid of the collection—well, he realized Ada'd had a bad day. These committee things often made her short-tempered. But she recovered in time. Tomorrow she'd feel differently about it. She wouldn't really expect him to sell his stamps. She couldn't!

Ada wasn't home when Mr. Meigs returned from his long walk the next afternoon, and frankly, Mr. Meigs was just as glad. The walk had made him feel good, and he didn't want to chance another painful talk about the stamps—like the one at breakfast. Ada had insisted once again that he sell the stamps, and he'd come right out and defied her. He'd refused. Flatly.

It was peculiar, the feeling he had as he climbed the stairs to his room. It wasn't a premonition exactly. It was more just a thought that hadn't entered his mind before. He started to climb the stairs a little faster, and then he remembered what Dr. Fredericks had told him about taking things easy, and he slowed down again. Even so, his heart was thumping when he reached the top of the stairs and put his hand on the doorknob and turned it. He opened the door.

The six fat, red albums were gone.

Mr. Meigs sat down, breathing hard. There was no doubt about what had happened. He shut his eyes, trying to decide what to do.

He sat for nearly two hours, until half past five. Then, finally, he heard the front door slam. Slowly, he got up and descended the stairs. He found Ada standing in the front hall, examining the evening headlines.

"Ada," Mr. Meigs said calmly, evenly, "what did you do with my stamp collection?"

There was a strangely defensive tone in Ada's voice.

"I know you're not going to like this, Father Meigs," she said, "but I'm perfectly sure in my own mind that I've done the right thing for your health. I've turned your stamps over to Samuel Barnhoff, downtown, to sell."

"Ada," Mr. Meigs said through tight lips, "you have no business to do that. Those stamps belong to me."

"They were ruining your health, Father Meigs," Ada said.

Mr. Meigs exploded. "I can take care of my own health!" he roared.

"You don't seem to be able to," Ada replied curtly.

"Ada, what you've done is close to robbery!"

"Oh, fiddle!"

For a moment Mr. Meigs stared at Ada, speechless, gulping for air. Then he began to get a grip on himself. He spoke more calmly.

"I'm surprised at you," he said. "You've acted most abruptly."

"I suppose you never acted abruptly?"

"Never like that."

"Oh?" Ada said. "How about last year, when suddenly you had to go fishing? Decided after lunch, and were off by two o'clock. Gone four days, too, while John and I worried ourselves sick over you. And when you finally did come back, what had you caught? Nothing but a cold!"

Mr. Meigs drew in a deep breath. He remembered. He'd taken a fishing pole along with him, all right, but he hadn't even thought about fishing. He'd spent the entire four days on a lumpy mattress in a sooty railroad hotel. It had been one of those times when suddenly, like a crashing ocean wave, the realization had broken over him that he had to get away.

"I see no connection," he said to Ada. "Whatever I've done, at least I've never tampered with property that wasn't mine."

"Look," Ada said, "there's no point in arguing. What's done's done. You might as well forget about it."

"I am not going to forget about it," Mr. Meigs said evenly. He started toward the telephone table at the rear of the hall. "I'm going to call Barnhoff, and I'm going to get my stamps back!"

"Oh, no you're not! I forbid you to bring those stamps back into this house!"

Mr. Meigs picked up the telephone directory and turned to the Bs. From a vest pocket he produced a small magnifying glass and examined the names.

"That collection is my property," he said to the wall.

"No one ever said it wasn't," Ada said. "I'm not stealing it from you, you know. Mr. Barnhoff will send you the cheque the minute the collection is sold."

"I'm not worried about your stealing it," Mr. Meig said coldly. "And I don't want the money. *I want the stamps!*"

Mr. Meigs waited while the number rang an even dozen times. Then he pulled his thin gold watch from his watch pocket, snapped the case open, saw that the time was a quarter till six.

For a moment he considered calling Barnhoff at his home. But then he decided that, after all, the collection was perfectly safe overnight with the broker. He could wait till morning and then—well, maybe he would go downtown and call on Barnhoff in person. It would be

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a lot easier to explain the situation. And anyhow, he would have to pick up the albums to bring them back. Ada would be mad as a hatter, but she'd just have to get over it.

The next morning, however, after sleeping on the matter all night, the old man got to thinking that John, after all, wasn't really a stamp fancier. In themselves, the stamps didn't mean much to him, and it might be a lot harder for John, for sentimental reasons, to dispose of the collection after Mr. Meigs passed on, than it would be for Mr. Meigs himself right now. And then there was the practical reality of the situation. He had to live with Ada from now until . . . well, from now on. If keeping his collection formed the basis for a feud, that would be mighty unpleasant for them all.

And besides, maybe there was something in what Ada said. Maybe he was ruining his health. Ada wasn't a bad sort—she wouldn't do this kind of thing if she didn't really, earnestly think it was for the best. Well, he'd see.

At breakfast Ada was unusually nice. She fried him two eggs, over easy, just the way he liked them, and she poured him a second cup of coffee. She made no effort to hurry him and, of course, neither of them mentioned the exiled collection.

Mr. Meigs took another long walk after breakfast to try to clarify his thinking. He knew that if he was going to get his stamps back, he'd better go right away. Even now Barnhoff might be closing a deal. But on the other hand, if he actually was going to sell . . .

Besides, he got to thinking about the time, almost a year ago, when he and Ada had gone to a double-feature while John was in Montreal, and then—it was really a crazy thing to do—they'd gone to a midnight show right afterward. They hadn't got home till 2.30 a.m.! It had been a lot of fun, Mr. Meigs remembered. And then he remembered more soberly that there hadn't been many times like that recently. Whose fault was it, he wondered. His? Perhaps. He wasn't the perfect father-in-law, not by a long shot. Of course, it could be Ada's fault, too. Maybe it was both their faults.

Well, Mr. Meigs decided, there actually wasn't such a big hurry about making up his mind. Collections the size of his didn't sell overnight.

During the next few days Mr. Meigs did a lot of thinking, and finally, with the very greatest reluctance, he made his decision. He would let Barnhoff go ahead and dispose of the collection. But it took somewhat longer to sell than Mr. Meigs had anticipated. He wondered about it from time to time, but received no word from the broker. He tried reading autobiographies and novels. Then he tried to interest himself in botany and, later, typography. And then insects. But nothing worked. He still dreamed of the stamps that had taken him on faraway journeys.

One day, when the March winds had died down, Mr. Meigs was sitting at his pine table thinking about it being the spring of his seventy-fifth year, and he decided to call on the broker. He hadn't looked at a stamp in more than two months, and he looked forward to his visit with all the hopeful anticipation a child feels for Christmas. Sam Barnhoff, whom he knew well, would probably show him some rare issues. He might even ask the broker if he could look at some pages from his own collection while he was there.

Mr. Meigs was less than two blocks from the broker's front door when a frightening thought occurred to him. It was a little bit the way he'd felt going upstairs the day he'd discovered his collection missing. Suppose Ada hadn't really taken the collection to Barnhoff!

He quickened his pace. The day was warm, and he was nearly out of breath by the time he entered the broker's shop. Barnhoff was standing behind one of the counters, a look of surprise on his face.

"Mr. Meigs!" he said. "How'd you know? I just phoned your house, but no one was home."

"Know what?" Mr. Meigs asked. His hands were shaking quite badly, and he leaned on the counter, panting.

"We just sold your collection to a big collector from Harrisville. Intact. Every blessed little stamp!"

Relief was Mr. Meigs's first sensation. At least the stamps hadn't gone astray. And then he felt a pang that the collection was now gone, eternally, beyond his reach.

"Guess how much you netted on the deal," the broker said jovially.

"Can't guess," Mr. Meigs said wearily.

The broker enunciated the sum with elaborate clarity.

"Twenty-two thousand, five hundred and forty dollars!"

"Twenty-two thousand!" Open-jawed, Mr. Meigs sat down on one of the high stools near the counter.

"You expected more?" Barnhoff asked.

"I . . . I . . ." Mr. Meigs shook his head and passed one hand across his moist forehead. "Sam, I . . . to tell the truth, I hadn't even thought. I mean, of course I knew they were worth something. In fact, I could tell you the catalogue value of nearly any stamp I had, but—" Mr. Meigs sighed. "When I was a young man, I used to add the values up occasionally, but . . . not for years, Sam, not for years."

Barnhoff nodded sympathetically. "I get it," he said.

"I guess I got so I was just collecting for the stamps themselves," Mr. Meigs said. "Not for the values, but, well, for the pleasure there was in looking at them, and filling out sets, and trying to see all the stamps I could."

"Well, you saw most of them," Barnhoff said.

Mr. Meigs's faded blue eyes looked wistfully at the neatly displayed stamps under the glass counter. "I wouldn't have guessed half that, Sam," he said.

Barnhoff smiled gently at the old man. "I'll get your cheque ready," he said.

Before Mr. Meigs left, after an hour and a half of looking at a collection of Russian special deliveries, he asked a favor of the broker.

"Would you call Ada," he said, "my daughter-in-law, and tell her how much I got for the collection?"

"Gladly," said the broker.

"She'll be home in about three hours," Mr. Meigs said.

Ada nearly fainted with surprise when she received the broker's call. Twenty-two thousand dollars! She had a flurry of thoughts as she replaced the telephone in its cradle, some of which she was immediately ashamed of, such as the thought that the money someday, not too far off, would be inherited by herself and John. It was an unworthy thought, and she knew it. She shook her head to clear it of the vision that had flashed into her mind — the large, dignified Tudor-style house she admired so much, on the other



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side of town. Shame! she told herself. That was not the way to think about her father-in-law's windfall.

No, she should congratulate him. It was wonderful news for him. It might jar him out of his recent despondency and cheer him up a bit. She should go right upstairs and see if he was home yet. And if he was, she should tell him how happy she was for him. And *mean* it.

Her feet traced the narrow trail up to the attic. She put her hand on the doorknob to the dimly lighted little room.

"Father Meigs," she called, pausing before she opened the door. "It's me, Ada." She swung the door open.

But the room was empty.

Empty save for the bare bureau and the china commode and the unpainted table and the kitchen chair. The shoes were gone, and the picture of Mr. Meigs's wife was gone, and so was the worn brown-leather toilet kit, and the military brushes with which he kept his unruly white shock under control. Everything was gone except a piece of paper on the window table.

She picked the note up with trembling hands.

"Dear Ada," it read. "Please excuse me for rushing off without even saying goodby. I wouldn't have, if I weren't at the age when one must hurry or else leave things undone forever."

Ada sank onto the straight kitchen chair and shut her eyes. I am an awful woman, she thought. I have driven my husband's father out of my house. She looked at the note once more.

"As John can tell you," it continued, "I've always had a hankering to visit the places my stamps came from, and now at last (thanks to you, dear Ada) I'm actually going to do it!"

Thanks to you, dear Ada. Sarcasm, she wondered? But no . . . no, of course not, not from Father Meigs. And why, she wondered, should she now be remembering the time he'd taken her on the train to Oakville for a picnic, and to see the twenty-fourth-of-May fireworks? Why?

Her eyes stung, blurred, and for the first time (in how long?) she felt a warm tear run down her cheek.

"Until I get my passport and shots," she read presently, "my address will be Montreal—care of Postmaster, of course. Then, if I catch the right freighter, my first mail stop will be Cape Town. Think of it, Ada—Africa! I can hardly wait to get there to find presents for you and John — something that might, in some small way at least, show my deep appreciation for your many kindnesses.

"Now, you don't have to take this suggestion, Ada," the letter read, "unless you want to, but I think I'll try to put some unusual stamp issue on each letter or package I send. Could be, if you save them, they might be worth money some day! Well, God bless you both . . ."

Ada laid the letter down on the table and sighed. She took a handkerchief from the pocket of her skirt and blew her nose. Yes, she'd keep his letters. Of course she would. Letters, stamps, envelopes, everything. And not for their monetary value, either.

And then, suddenly, she began to laugh, not loudly, not at Father Meigs, but at herself—Ada Meigs, stamp collector! ◆

WHO SAID SMALL TOWNS ARE QUIET?

Continued from page 21

raising or good works, and they met only once a month. I joined.

A few months later, the president called for someone to study the new law allowing women to serve on juries. I was feeling guilty about my relative inactivity. I had done reporting at courts in Barrie and was interested in court procedure. After all, it was just one little job. I took it.

When material arrived from my club's provincial committee, I found I was expected to speak on jury duty to any organization that would listen. Soon I was traveling what wary and weary speakers call the Women's Institute circuit. It works like this. You make a speech to your local institute. It is reported in the press. Another institute sees your name and grabs the phone book. You'll speak to Durham W.I., Victory W.I., Sunnyview W.I. You get calls from Mount Forest and Hanover and Chesley. A year later you stagger off the circuit, twenty pounds heavier from the wonderful "lunches," impressed with the fine work done by rural women, your voice reduced to a husky whisper not quite strong enough to say "No" next time the phone rings.

I might have got away scot-free at that point, but I made a drastic mistake during those speeches. I made a plea for women to take their rightful place in public office.

"It is the duty of every woman to bear her share of the public burden of responsibility," I pointed out with great seriousness. "When you are asked to take public office, take it, and do your best."

I have learned to regard those remarks as "famous last words." At the next town nomination meeting I was nominated for the public school board. My wails of anguish made no impression on friends who reminded me, "it is the duty of every woman to bear her share . . ." With great misgivings, I consented. My misgivings were even greater when I was elected.

From then on, if I had wanted to look back, I couldn't. I didn't have time. Durham Public School Board, normally a peaceful body of six members engaged in routine business, decided the town must have a new school. From that day to this, the board has been embroiled in endless meetings. Meetings to persuade council the school was needed; that failing, meetings to persuade the taxpayers the school was needed; open house to let parents see the condition of their eighty-year-old school; and, finally, the Vote. Having won the vote, we went on to meetings with Inspector Rae, meetings with architects, the contentious matter of choosing a site, the calling of tenders, choosing of contractors, poring over blueprints, laying the cornerstone, the building . . . building . . . building . . . arguments over heating, flooring, the type of brick, the shape of the kindergarten, the plumbing.

Six average persons building and furnishing a ten-room school at a cost of $180,000 can hold more meetings than the United Nations!

Once the new school was built, I

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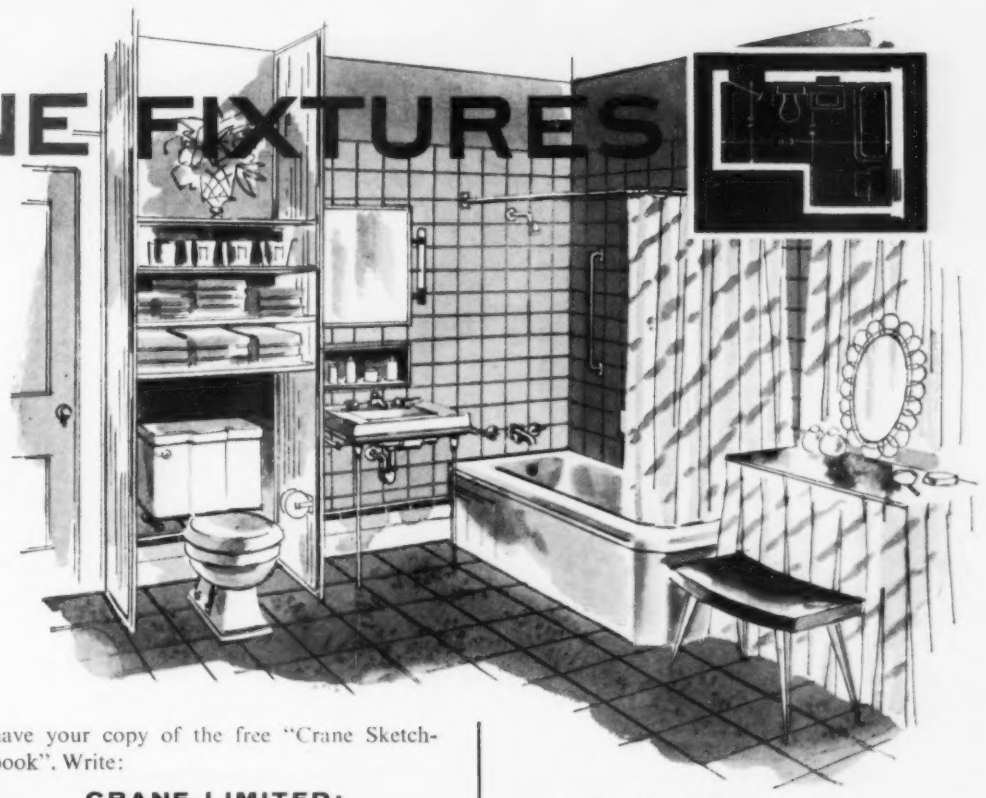
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heaved a sigh of relief and prepared to settle back for a quieter existence. Then arose the worst spectre of all, disposal of the old school. And, by this time, I was board chairman!

This honor came at a time when I was already so tied up with other meetings that I almost fainted at the suggestion. I had moved up to presidency of the Business and Professional Women's Club. I was busy with a half dozen committees. But who had once blithely declared, "When you are asked to take public office, take it and do your best"? If I refused to be the first woman chairman of the school board, it might never again be offered to one of my sex. I accepted. So great was the shock that I found, on returning home from my first meeting as chairman, I'd blossomed out with measles!

Disposing of our old school turned out to be a public issue. It took two solid months of frantic meetings. We met in the mornings, we met in the afternoons, we met at night and we met at noon and midnight. We met inspectors and councilors and lawyers and board-of-trade members and purchasers and ratepayers and reeves. We met each other until we were sick of each other's faces and voices. We made motions and rescinded them and made bigger and better ones. We telephoned and were telephoned. Loyal Canadian though I am, I could have strangled Alexander Graham Bell with my bare hands. And a few other people, too!

During this happy period, my brother Max, a Toronto lawyer, came through town on a business trip. He dropped in for a brief visit with his sister in "the sticks."

Next, I'm an Actress

"I was glad I had to make this trip today," he said, as he lit a cigarette and settled down comfortably in the easy chair. "It's nice to get away from the telephone for a while."

The telephone rang.

During his twenty-minute visit with me, I had two visitors and five telephone calls. When I came back to the living room, it was empty. I haven't seen Max since.

The crisis of unloading the old school wouldn't have been so bad if it hadn't been for the play. What play? Well . . . it was this way.

I had to take the part of the old lady in the play because the Business Women couldn't get anybody else. If I didn't take it, they would have to drop out of the drama festival and surely, as their president, I wouldn't let that happen. If I did, the other two plays would drop out too since they only came in because the Business Women's Club did, and there would be no festival. And as chairman of the festival committee, I couldn't let that happen. If it did happen, the semifinals in the zone would fall through too and the dates and the places were set. And the finals depend on the semifinals, of course. Why should I care? Why, because I was on the committee that planned those finals, that's why!

So I took the part of the old lady in the play.

As a result, while the school board was meeting every hour on the hour, I was running to rehearsals as well, gabbling my lines at all sorts of odd moments, gathering up properties and whitening my hair and bluffing my way through dress rehearsals. We won our way from

local clear up to finals, too, and we have the cup to prove it. The thing that saved me during this crucial period was that the part of the invalid old lady was played entirely in bed. It was the only rest I had that month!

In this same approximate period of time, I took a weekend drama course at Wingham, received guests at the school's open house in education week, and wrote articles for the Chronicle on education. Having attended the public-speaking class at night school all winter, I participated in a panel discussion on closing night. I conducted the usual Business Women's meetings, gave speeches at Hanover, Mount Forest and Woodstock, read to the children at the library story hour, gave two birthday parties, helped plan a regional banquet for our district clubs, did a radio broadcast and appeared on a television panel to discuss *leisure-time activities.*

Here is a sample schedule for "my day" in Durham, just one among many.

8 a.m. Rise and shine. Breakfast for five people. Three children ready for school, one husband off to work. Answer telephone.

9.00 Collapse with coffee and last night's newspaper.

9.15 Feed cats, pile dishes in sink to soak. Let cats out, dog in.

9.30 Run upstairs and attack bedrooms. Four beds to make, clothes to pick up, scattered papers to pile. Answer telephone.

9.45 Order groceries. Ten o'clock is too late for delivery.
Attack bathroom. Also wash out a few things.

10.30 At typewriter, drafting notes for speech on drama. Answer telephone.

11.15 Run downstairs. Start dinner. Wash breakfast dishes. Let dog out, cats in. Answer telephone.

12 noon Three children arrive, letting animals that are out in. Husband home with more papers and mail. Everybody under my feet, somebody at door, phone ringing. Dinner.

1.15 Rush three children out to school. Go over agenda for B & PW meeting, scribble notes. Answer telephone.

1.45 Do dishes. Vacuum living room. Change clothes.

2.15 Run to play practice, muttering lines furiously.

4.30 Run home, make sandwiches, set table, open tin of fruit. Put on fresh lipstick, grab notes, run to lawyer's office.

5.00 Preside at meeting of school board.

6.10 Run home, throw down school-board notes, pick up B & PW notes. Put on fresh lipstick.

6.20 Drive to home of B & PW treasurer, who is ill, pick up cheque.

6.30 Preside at monthly dinner of B & PW club.

9.00 Back home. Tidy kitchen, do dishes, scan speech notes, answer telephone.

Our family life, under these circumstances, is a trifle on the hectic side. It seems to me our telephone and doorbell are attached to the same buzzer, for when one rings, the other follows suit. Add three lively children, Trilby, our dachshund, and Brutus and Taffy, our cats, stir well, and you achieve pure

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chaos. Housekeeping and meal-getting suffer under the pressure. When George found me struggling with the pudding at a time when dinner should have been served, he asked, with gentle sarcasm, "Are you just making the dessert *now?*"

Eleven-year-old Michael put in, with patient resignation, "Aw, she wouldn't care if it was midnight next week!"

And at Christmas, David, out of woeful experience, bought me a can opener!

We have tried several expedients to solve our problems. An extension telephone was installed upstairs. This has the pleasant result of allowing us to talk to people after we are in bed and before we are up, instead of just all day as before. Appalled at the dust under the beds and the conglomeration of papers and letters and memorandums connected with our various clubs, Santa Claus brought us a vacuum cleaner and a filing cabinet. But the vacuum won't do floors by itself and nobody has had time to file anything yet. During our more hopeful moments, we are always sure that one more wastepaper basket will make everything come right.

My children, far from being proud of the work their mother does in community affairs, are mainly embarrassed. When a broadcast of mine was piped into their schoolrooms, they were anguished.

"It was terrible, Mother," our grade-eight son, David, reported. "I didn't know where to look!"

"All the kids kept saying, 'That's your mother, that's your mother,'" Michael moaned, still shuddering.

"Everybody stared at me," seven-year-old Kathie reproached me, "so I just put my hands over my ears!"

Whenever my husband shows signs of finally running out of patience with all my meetings, I have a sure-fire method of silencing him. I merely ask him, sweetly, how he is getting along as chairman of the Library Board, vice-chairman of the Agricultural Society, director of the Ontario Weekly Newspapers' Association and member of the Rotary Club!

If I were the only woman in Durham with a severe case of clubitis, I'd put it down to weak will and poor management on my part. But in the strained faces of my friends, as they hurry past on their way to, and usually five minutes late for, some meeting, I read the same story. They give a frantic little wave, call back a weary greeting and rush by. In Durham, you advertise your November bazaar in June, to "save the date." It's a major operation to arrange a night when three people can all be free for a committee meeting at one time.

Nothing to do in a small town? Do come and join us. And I do mean "join." Your husband could join the Rotary or the Kinsmen or the Legion or the Oddfellows or two kinds of Masons. He could join the curling club or the lawn-bowling club, or the badminton, tennis, hockey or ball club. Or the Sportsmen's Club. He could be elected to town council, or the public-school board or the fair board. He could be appointed to the library board or the high-school board or the recreation or night-class committee. He might get into the board of trade or the local militia or the ground-observer corps or the volunteer fire brigade.

As for you, it is more likely you'd join IODE or Business and Professional Women's Club or Senior Hospital Auxiliary or Junior Hospital Auxiliary or Women's Institute or Legion Auxiliary or Rebekah Lodge or the Home and School or the Red Cross or the cancer committee. Both of you could canvass for the blind. You could attend night school all winter.

On Sunday, you could have your choice of the United church, Anglican, Presbyterian, Baptist, St. Mary's Catholic, Pilgrim Holiness, Foursquare, and Bethel Full Gospel churches, as well as Jehovah's Witnesses' Kingdom Hall.

You could be involved in rummage sales and paper drives and work bees and bingos and raffles and teas and bazaars. You would be expected to attend the annual Firemen's New Year dance, Rotary St. Patrick's dance, Kinsmen's Easter Bunny Hop and the IODE Community Party.

And, of course, there's still the Orange Lodge and the film council and the press club and the credit union. If you want to drive five or six miles, you could join the nudist camp.

Don't think for a minute you could get clear of all this by moving away. There are Durham clubs in Detroit, Windsor, Vancouver, Victoria, St. Petersburg, Fla., and two in Toronto.

All the same, I'm quitting. My term is up as Business Women's president and in a few months I'll be finished as chairman of the school board. After that, I'm going to spend my time at home, reading to the children, having friends in, listening to music . . .

Excuse me just a second. The telephone's been ringing off the wall.

"Yes, Gertrude, I do think we need a drama club in Durham, but . . .

Yes, I do, but . . .

Yes, I do . . .

Yes, I . . .

Yes." ◆

still to come

IN THIS ISSUE

a new CHATELAINE COOKBOOK *over 200 recipes*

Chatelaine's FASHION AND BEAUTY *section*

YOUNG PARENTS *by Dr. Robertson*

Chatelaine's CHATTY CHIPMUNK

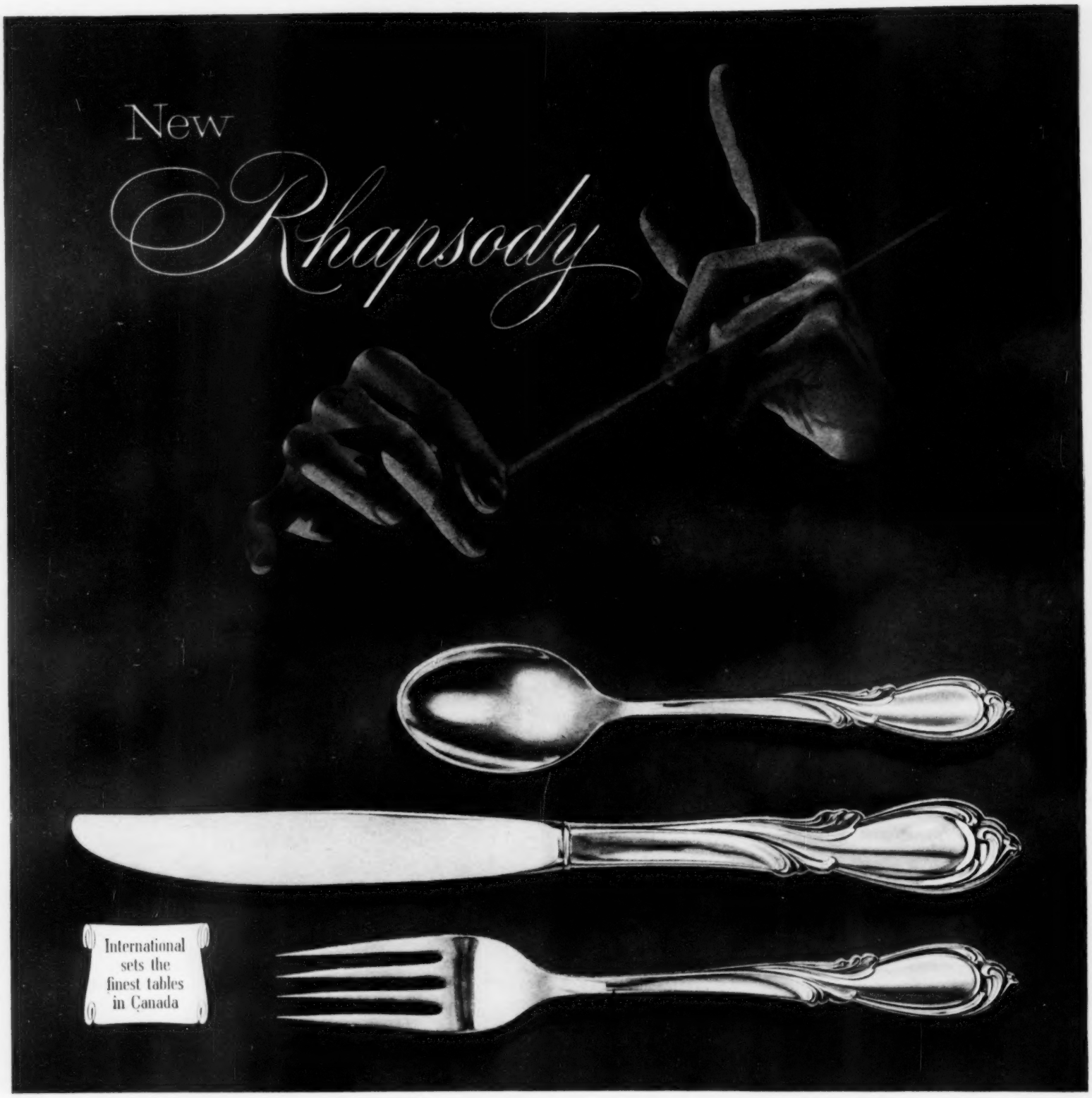
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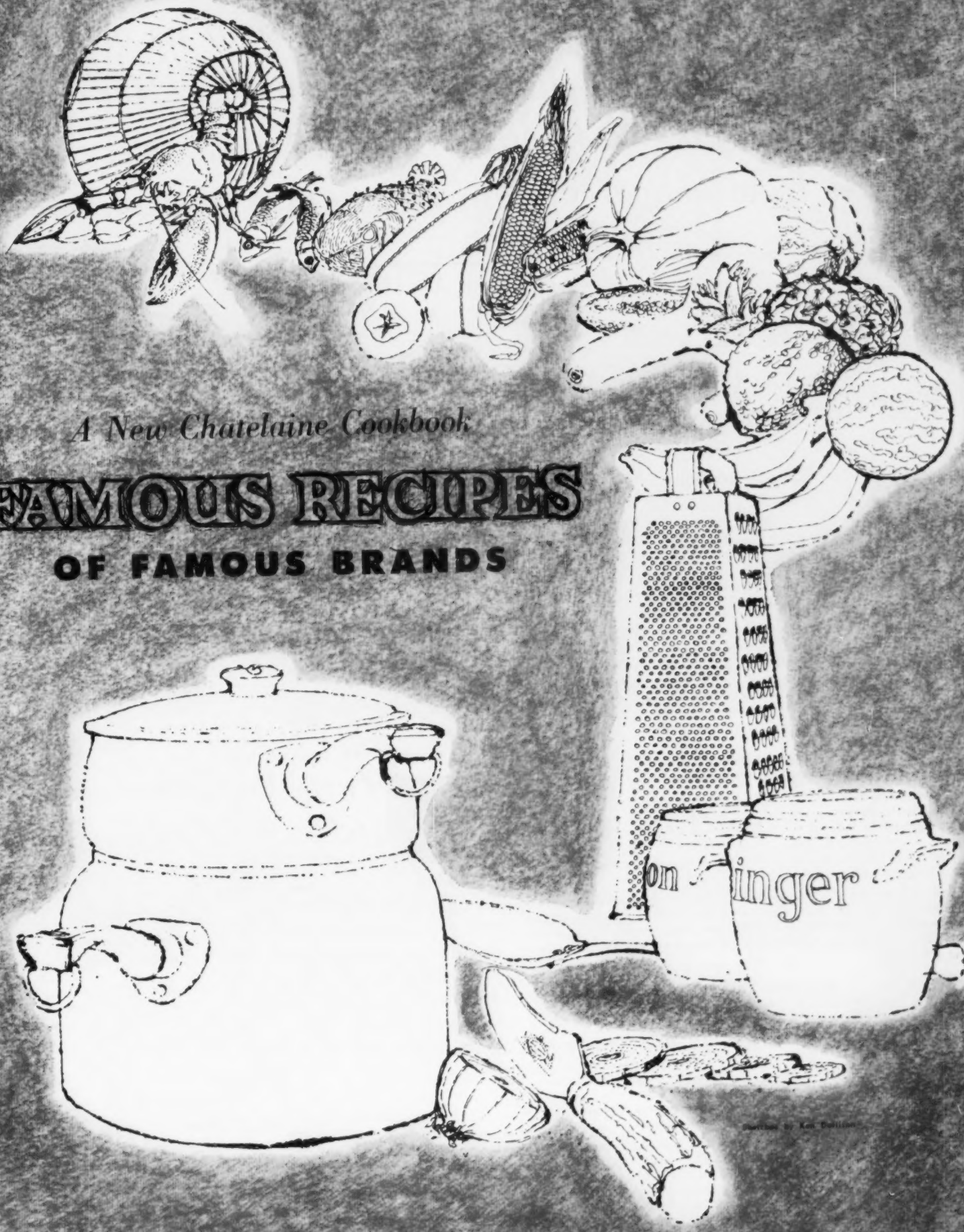
Ask your dealer to show you new Rhapsody, for only in seeing it can you truly appreciate its enchanting beauty! Six-piece place setting in Rhapsody—$35.50.

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A New Chatelaine Cookbook

FAMOUS RECIPES

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A brand-new book of recipes planned and tested especially for Chatelaine ▶

R 1956

To create this cookbook for you we asked the people who make Canada's food products to send us original, new recipes designed for busy housewives. Here they are—more than two hundred ways to make every kind of food from a hearty main course to a piquant snack



CHICKEN SUPREME
Swift Canadian Co., Limited

1 Tender Grown Swift's Premium Chicken
1 cup flour
2 teaspoons salt
½ teaspoon pepper
½ teaspoon thyme
½ cup Brookfield butter or Allsweet Margarine
1 cup shredded aged cheese
½ pound cooked Swift's Premium Ham, cut in strips
¾ cup mushrooms (4-ounce can)
1 cup pineapple tidbit pieces (4-ounce can)
¼ cup pineapple juice (drained from pineapple)

Have chicken cut into frying pieces. Rinse in cold water and dry. Mix flour, salt, pepper and thyme in a pie pan and dip chicken in this to coat thoroughly. Heat butter in a heavy frying pan. With kitchen tongs place chicken in melted butter skin side down. Brown and turn. Add cheese, ham, mushrooms, pineapple tidbits and juice. Cover and cook slowly until tender. Remove cover and allow to cook an additional 10 minutes to crisp. Serves 4.

SPICY BRAISED STEAK
Matthews-Wells Company Limited

2 tablespoons flour
2 teaspoons salt
¼ teaspoon black pepper
1½ to 2 pounds round steak, cut ½ inch thick
2 tablespoons fat
10 whole cloves
1 garlic clove
½ cup thinly sliced sweet pickles
½ cup liquid from pickle jar
1 cup boiling water

Mix flour, salt, and pepper, and thoroughly pound into steak. Brown meat on both sides in hot fat; add cloves, garlic, and pickles. Combine pickle liquid and water; pour on steak. Bake, covered, in moderate oven (350 deg. F.) about 1½ hours. Remove garlic clove. Serve with gravy from pan, thickened, if desired. Makes 6 servings.

SURPRISE MEAT ROLL
Reckitt & Colman (Canada) Limited

1½ cups water
½ teaspoon salt
½ cup milk
½ cup French's Instant Potato
1 tablespoon French's Parsley Flakes
1 egg, beaten
1 teaspoon salt
¼ teaspoon French's Oregano
¼ teaspoon French's Savory
⅛ teaspoon French's Black Pepper
1½ pounds ground beef
French's Prepared Mustard
3 cooked carrots

Prepare Instant Potato according to package directions. Add parsley flakes. Beat egg in large bowl and mix in seasonings. Add meat to egg mixture and *mix thoroughly*. Place on waxed paper and form into 9 x 11-inch rectangle, keeping edges thinner than centre. Spread lightly with French's Prepared Mustard. Place mashed potato in centre of meat and spread to within one inch of edges. Arrange carrots on potato. Roll up, jelly-roll fashion. Pinch ends together. Place on heatproof platter, seam side down. Bake in a preheated oven (350 deg. F.) 45 minutes. Makes 6 servings.

For a quickie—slice unbaked meat roll and brown on broiler 5 to 6 minutes on each side.

SAUSAGE AND TOMATO SPAGHETTI
Catelli Food Products Limited

8 ounces spaghetti
1 pound pork sausage, cut in ½-inch pieces
2 medium onions, chopped
½ pound mushrooms
1 can (8 ounces) tomato sauce for spaghetti
2 cups canned tomatoes
1 teaspoon salt
⅛ teaspoon pepper

Cook spaghetti uncovered in rapidly boiling water (salted) until tender. Fry sausage, add onions and brown. Add mushrooms and cook lightly before adding tomato sauce, tomatoes, salt and pepper. Cook slowly until thickened. Combine with spaghetti in a buttered baking dish and bake in slow oven (325 deg. F.) for 30 minutes. Makes 6 servings.

LAMB AND LIMA STEW
H. J. Heinz Company

1½ pounds lamb shoulder or breast cut into 1-inch cubes
2 tablespoons flour
3 tablespoons shortening
2 cups water
½ cup Heinz Tomato Ketchup or Chili Sauce
1½ teaspoons salt
Dash pepper
2 cups canned lima beans, drained
2 tablespoons flour
2 tablespoons water

Dredge meat in 2 tablespoons flour. Brown in hot shortening in large skillet. Add water and next 3 ingredients. Cover; simmer 45 minutes or until meat is tender. Add beans. Combine flour and water; stir into stew. Cook until desired consistency is reached. Makes 4 servings.


MARTHA LOGAN
Home Economist

MARTHA LOGAN'S SWEET-SOUR SPARERIBS
Swift Canadian Co., Limited

3 pounds spareribs
Salt and pepper
¼ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper
2 tablespoons butter or margarine
1 tablespoon cornstarch
2 cups crushed pineapple
¼ cup vinegar
2 tablespoons soy sauce
¼ teaspoon powdered garlic (or 1 clove, peeled and chopped)
¼ teaspoon ginger
¼ teaspoon ground clove
1½ cups water

Cut spareribs into serving portions. Place in a baking pan. Sprinkle with salt and pepper. Roast, uncovered, in a hot oven (400 deg. F.) for 1 hour. Drain off fat. Cook onion, celery, and green pepper in butter until tender. Sprinkle cornstarch over vegetables. Add pineapple, vinegar, soy sauce, garlic, ginger, clove, and water. Stir and cook until mixture is clear and thickened. Pour pineapple sauce over ribs. Cover and continue baking in a moderate oven (350 deg. F.) an additional hour. Serve hot. Makes 6 servings.

POT ROAST
Hunt Foods (Canada) Ltd.

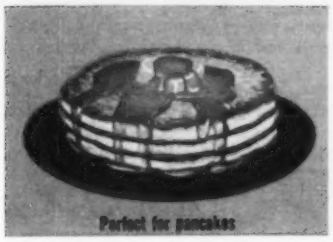
4 to 5 pounds boneless beef (round, rump, chuck or heel of round)
¼ cup beef drippings or shortening
2 medium onions, sliced
2 cans Hunt's Tomato Sauce
2 cups water
¼ teaspoon ginger
8 whole cloves
¼ teaspoon pepper
1 teaspoon salt
6 to 8 potatoes, pared and halved
6 to 8 carrots, halved
1 teaspoon salt

Brown meat on all sides in fat. Add remaining ingredients except potatoes, carrots and 1 teaspoon salt. Cover, simmer over low heat 3 to 3½ hours or until tender. Add prepared vegetables and salt and cook 30 minutes longer or until vegetables are tender. Serves 6 to 8.



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MAIN DISHES—MEAT



MARYE DAHNKE
Consumer Service

BAKED HAM CROQUETTES
Kraft Foods Limited

2 tablespoons butter or Parkay Margarine
¼ cup flour
Dash of pepper
¾ cup milk
1 cup chopped celery
1 cup grated carrots
2 tablespoons chopped green pepper
2 tablespoons chopped onion
1 cup ground baked or boiled ham
1 cup dry bread crumbs
1 jar (8 ounces) Kraft's Cheez Whiz

Melt the butter or margarine. Gradually blend in flour. Add pepper. Add milk slowly, stirring constantly until smooth and very thick. Add celery, carrots, green pepper, onion, ham and ½ cup bread crumbs, mixing well. Chill. Shape into 8 croquettes and roll in remaining bread crumbs. Place on a greased baking sheet. Bake in a moderate oven (350 deg. F.) 35 to 40 minutes or until golden brown. Heat Cheez Whiz in a small saucepan over very low heat or in a double boiler. Pour over croquettes and serve.

SPAM 'N' YAM FIESTA LOAF
Burns & Co. Limited

Cut a Spam loaf in two crosswise. Between the two layers spread canned sweet potatoes, mashed and seasoned. Surround with golden cling peaches. Top with fan of peach slices. Drizzle on peach juice seasoned with ½ teaspoon prepared mustard. Bake in moderately hot oven (400 deg. F.) 30 to 35 minutes.

SPAM SURPRISE LOAF
Burns & Co. Limited

Chop or grind together Spam, cheese, pickles. Moisten with mayonnaise. Bake in a foil-wrapped bun until cheese melts and Spam sizzles.

DELICIOUS COLD-MEAT INDIAN CURRY
J. A. Sharwood & Co. Ltd.

¾ pound cold beef, mutton or poultry
3 tablespoons butter, dripping or lard
1 medium onion (chopped)
1 tablespoon Vencatachellum's Curry Powder
½ pint stock (or pulped tomatoes)
Salt
Lemon juice (or vinegar)
Rice

Melt the butter (or dripping), add the chopped onion and fry till a golden brown, then add the curry powder and mix well. Add the meat (cut into small pieces) and fry for 2 or 3 minutes, then add the stock (or pulped tomatoes) and cook slowly for about one half hour, stirring well. Add salt, lemon juice (or vinegar) to taste, and serve hot on cooked rice.

LIVER CREOLE
Reckitt & Colman (Canada) Limited

1 pound baby beef liver
1 tablespoon melted butter or margarine
1 can (6 ounces) tomato paste
2 cans water
2 tablespoons French's Onion Flakes, crushed
1 tablespoon French's Pepper Flakes, crushed
1 tablespoon French's Prepared Mustard
½ teaspoon salt
½ teaspoon French's Sweet Basil
¼ teaspoon French's Black Pepper

Slice liver into julienne strips. Lightly brown liver in melted butter in a skillet. Remove browned liver and place in shallow baking pan. Add remaining ingredients to skillet. Bring to a boil. Pour sauce over liver and bake liver uncovered, in a moderate oven (350 deg. F.) for 30 minutes. Serve on steamed rice. Makes 4 servings.

BAKED SPAM
Burns & Co. Limited

Score and clove a whole Spam or two. Bake 20 minutes at 375 deg. F. basting with mixture of 1/3 cup brown sugar, ½ teaspoon vinegar, 1 teaspoon prepared mustard, 1 teaspoon water.

BEEF LOAF
Mil-ko Products Limited

1 pound ground beef
½ teaspoon poultry dressing
1 teaspoon salt
¼ teaspoon pepper
½ cup dry bread cubes
1 medium onion, chopped fine
½ cup Instant Mil-ko Powder
¾ cup tomato juice

Combine all ingredients. Mix well. Put in loaf pan. Bake in moderate oven, 350 deg. F., for one hour.

VEAL CUTLET SOUFFLE
Ac'cent International

1 veal cutlet, cut ½ inch thick (about 1½ pounds)
½ teaspoon salt
Few grains pepper
1½ teaspoons Ac'cent
1 egg, separated
2 tablespoons salad oil

Cut veal in serving-size pieces. Combine salt, pepper and Ac'cent; sprinkle on both sides of veal. Beat egg white stiff; beat yolk until thick; fold gently but thoroughly into white. Coat meat lightly with egg mixture on one side. Heat salad oil in frying pan; place meat in frying pan, egg side down. When underside is golden brown, coat top with egg and turn. Cover and cook over low heat about 45 minutes or until veal is thoroughly done and tender. Makes 6 servings.

QUICK MACARONI AND CHICKEN
Catelli Food Products Limited

2 cups chicken
½ pound sautéed mushrooms
3 tablespoons butter
2 tablespoons flour
1 can chicken soup
½ cup water
Salt and paprika
1 cup cream, heated
Grated Parmesan cheese
8 ounces macaroni

Cook macaroni uncovered in boiling salted water until tender and add mushrooms. Cut chicken into shreds. Make a sauce of butter, flour, chicken soup and water and season with salt and paprika. Remove from fire and add cream. Add half of sauce to macaroni and mushrooms and the other half to the chicken. Put macaroni in greased baking dish, make a hole in it and put the chicken in it. Sprinkle top with grated cheese and bake at 375 deg. F. until lightly browned. Makes 8 servings.



JOAN ABBOTT
Home Economist

AYLMER GLORIFIED SWISS STEAK
Canadian Canners Limited

2 pounds round steak, cut 1 inch thick
½ cup flour
1 teaspoon salt
¼ teaspoon pepper
A little grated nutmeg
½ teaspoon dry mustard
Heated shortening
1 can Aylmer Condensed Cream of Mushroom Soup
1 can Aylmer Condensed Tomato Soup
1 cup water
2 cups chopped onions
½ teaspoon caraway seeds, optional

Cut steak into serving-size pieces. Combine flour, salt, pepper, nutmeg and dry mustard. Using the edge of a sturdy plate, pound the dry ingredients into pieces of meat, first on one side, then on the other. Brown meat deeply in a little heated shortening in a heavy pan or Dutch oven.

Blend the Aylmer Condensed Cream of Mushroom Soup, Aylmer Condensed Tomato Soup and water together; add the onion and caraway seeds if being used. Pour mixture over browned meat.

Cover and simmer or bake in a moderate oven (350 deg. F.) until meat is tender, about 2 hours, adding more water if necessary during cooking time. Makes 6 servings.

HOMEMAKER'S HOLIDAY
The Creamette Company

1 package Creamettes
1 can (10 ounces) condensed cream of mushroom or celery soup
1 cup milk
1 cup grated processed Cheddar cheese (about ¼ pound)
1 can luncheon meat, cut into ¼-inch strips or cubes

Cook Creamettes according to general directions on package. Meanwhile combine soup and milk. Place over low heat, add cheese and stir occasionally, until cheese is melted. Mix Creamettes and meat in a 1½-quart casserole. Blend in the cheese sauce and store away in your refrigerator. When ready to serve, place in oven until sauce is bubbling. Serve hot. Makes 6 delicious servings.

CHICKEN CACCIATORE
Gattuso Corporation Limited

1 medium stewing chicken
¼ cup Gattuso Olive or Vegetable Oil
2 green peppers (cut)
½ pound mushrooms
4 small chopped onions
½ clove chopped garlic (optional)
3½ cups tomato
¼ cup sherry wine
½ package Gattuso noodles
2 teaspoons salt
½ teaspoon pepper

Cut chicken into segments and brown in butter using heavy iron skillet. Remove chicken and use pan to brown cut pepper, mushrooms, chopped onion and garlic. In a large saucepan pour tomatoes and all other ingredients except chicken and noodles. Bring to a boil and add chicken and ¼ cup sherry wine. Cover and allow to simmer about 30 minutes. Cook noodles separately and drain. Toss noodles with sauce and arrange around chicken. Serves 4 to 6.

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SECOND PRIZE

$1,500.00 in cash plus the fabulous Frigidaire 12.0 cubic feet Cold-Pantry refrigerator; the Frigidaire Imperial range with the famous French Door design; and the DeLuxe Pair—Frigidaire's automatic washer and electric dryer.

THIRD PRIZE

$1,000.00 in cash plus the DeLuxe Frigidaire 9.5 cubic feet Food Freezer refrigerator; the ever popular Frigidaire Thrifty Thirty electric range, and the DeLuxe Pair—Frigidaire's automatic washer and electric dryer.

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Have you a favourite baking recipe with Domestic Shortening? Maybe a special cake or pie that's a little different! Don't delay! Send it today! It may be a prize winner in Canada Packers—Domestic Cross-Canada Bakefest and win you big money and breathtaking Frigidaire appliances for the kitchen of your dreams. Sounds easy? It is! Just as easy as turning out perfect baked goods with Domestic—the favourite shortening of good cooks right across Canada. Domestic is a winner every time—cuts down mixing time, blends *completely* with both wet and dry ingredients.

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You may be one of the lucky ten selected to compete in the grand bake-off in Toronto. As guests of Canada Packers, there'll be fun for all, and most exciting, a chance at all ten prizes. And there are 100 consolation prizes as well. Just look at the sensational prize list. Read the simple rules. Your *official entry form* is inside every package of Domestic.

See the inside of the Domestic Shortening package for contest rules.

BETTER BAKING BEGINS WITH DOMESTIC SHORTENING

CANADA PACKERS*

*This mark on any product is Canada Packers' pledge of finest quality

STUFFED CABBAGE LEAVES
Visking Limited

6 skinless frankfurters
1 onion
Parsley
1 egg yolk
Butter
Salt and pepper
Cabbage leaves
3 slices fat bacon
½ cup white wine or stock

Chop the skinless frankfurters finely and mix them with a little chopped onion, some chopped parsley and the egg yolk. Cook the mixture in a little butter and season well with salt and pepper. When well browned, lay a spoonful of the mixture on a cabbage leaf previously dipped for 2 or 3 minutes in boiling water. Wrap the cabbage leaf well around the mixture, folding the ends in and tying with a string as in making a parcel. Line a pan with bacon slices, top with the stuffed cabbage parcels, add the white wine or stock and simmer gently for one half to one hour. To serve, put the cabbage packets in a dish, strain the gravy over them and serve with rice.


EDNA MAE McINTOSH
Nutritionist

BEEF AND RICE RING
Gerber-Ogilvie Baby Foods Ltd.

¾ cup precooked rice
1 cup water
¾ teaspoon salt
Dash of pepper or paprika
½ teaspoon onion juice (optional)
1 can Gerber Junior Beef or Veal
1 tablespoon butter
¾ cup medium white sauce
2 cans Gerber Junior Carrots

Combine rice, water, salt, pepper and onion juice in saucepan. Place over medium heat and bring to a full boil, stirring occasionally. Remove from heat, cover and let stand 10 minutes. During this time, prepare ¾ cup medium white sauce and in this heat 2 cans junior carrots (or any cooked vegetable that is mild in flavor such as green peas or asparagus). Add beef and butter to cooked rice and reheat. Spoon rice-meat mixture around individual serving plates or a warm platter and fill centre with creamed vegetable. Serves 3.

MACARONI WITH RAGOUT
Gattuso Corporation Limited

2 pounds breast of veal
3 tablespoons Gattuso Olive or Vegetable Oil
2 onions
2 cloves garlic
¼ pound bacon
3 cups water
1 can tomato soup
½ teaspoon curry powder
2 tablespoons sherry wine
¼ pound mushrooms
1 pound Gattuso Rigatoni No. 9
1½ teaspoons salt
½ teaspoon pepper

Remove bone from veal and chop into 1½-inch squares. Heat olive oil in medium pot and add veal, chopped onions, garlic and strips of bacon. Allow to brown turning frequently. When liquid in the pot has been absorbed and the veal is browned, add 3 cups of water, tomato soup, curry powder, sherry and mushrooms. Season and stew until meat is tender and gravy is rich and savory. Cook and drain Rigatoni; serve with sauce and Gattuso Grated Cheese. Serve the meat on the side. Serves 6.

WAFFLED FRANKFURTERS
Visking Limited

Waffle mix or waffle batter
Skinless frankfurters

Use your favorite waffle mix or batter recipe. Slice skinless frankfurters into very thin strips or circles. Spoon part of batter onto waffle iron. Place strips of frankfurter dots ½ inch apart on top of batter. Add covering spoonful of batter, being careful not to overload, and bake until indicator registers "finished" or steam disappears. Top with poached egg or serve with maple syrup.

CORNED BEEF IN PIQUANT SAUCE
Oxo (Canada) Limited

1 tablespoon butter or margarine
1 teaspoon grated onion or shallot
1 teaspoon flour
4 tablespoons water
1 Oxo cube or 1 teaspoon Beefy Oxo
⅛ teaspoon salt
Dash of pepper
⅛ teaspoon curry powder
1 teaspoon Worcestershire sauce
4 slices Fray Bentos Corned Beef

Melt butter in a small pan. Add onion and cook until soft. Stir in flour. Cook until bubbling. Add water, crumbled Oxo cube or Beefy Oxo, salt, curry, pepper and Worcestershire sauce. Stir until thickened, mix in chopped corned beef and heat through. Pile on freshly made toast and serve at once. A little chopped gherkin may be added with the meat if desired.

SAUSAGE PEACH SNACKS
Canadian Canners Limited

A delightful brunch with hot rolls!

1 pound pork sausage meat
1 cup crushed salted crackers
1 cup soft bread crumbs
1 egg, slightly beaten
¼ teaspoon salt
⅛ teaspoon pepper
1 can (20 ounces) Aylmer Fancy Peach Halves

Combine sausage meat, crushed crackers, crumbs, egg and seasonings. Form into 10 balls. Place in a shallow baking dish and bake in moderate oven (350 deg. F.) for 25 minutes. Drain off fat. Drain Aylmer Fancy Peach Halves and reserve ½ cup of the syrup. Place peaches, cut side up, in the baking dish; top each with a sausage ball and bake at 350 deg. F. for 20 minutes. Heat reserved syrup and pour over sausage balls just before serving. Makes 5 servings.

SKILLET CORN SUPPER
Canadian Canners Limited

A one-dish meal you'll make time and time again, it's so simple and speedy.

2 tablespoons butter
1 can (20 ounces) Aylmer Cream Style Golden Corn
4 or 5 wieners, sliced
¼ cup sliced Aylmer stuffed olives

Melt butter in frying pan. Add the Aylmer Cream Style Golden Corn and the wieners. Place over medium heat until corn and wieners are thoroughly heated. Stir in olives. Serves 4.

BACON AND CHEESE PIE
Canada Packers Limited

½ pound Maple Leaf Side Bacon
¾ cup grated Maple Leaf Cheese
3 Maple Leaf Eggs
1 cup milk or light cream
¼ teaspoon salt
Pinch of pepper
Pinch of cayenne
Unbaked 9-inch pie shell

Fry bacon until crisp, drain and crumble it into the pie shell. Arrange grated cheese over the bacon. Beat eggs and add milk, salt, pepper and cayenne. Blend and pour over bacon and cheese in pan. Bake in a hot oven (450 deg. F.) for 15 minutes, then reduce heat to moderate (350 deg. F.) for 20 minutes longer or until filling is set around the edges and slightly soft in the centre. Cool 5 minutes. Serves 6.

STUFFED PANCAKES
Oxo (Canada) Limited

1 small onion
1 ounce butter or margarine
1 Oxo cube
or
1 teaspoon Beefy Oxo
4 ounces cold cooked meat
1 teaspoon chopped parsley
1 tablespoon flour
Salt and pepper
½ pint pancake batter

Chop onion very finely and sauté in margarine 10 minutes. Crumble Oxo Cube and dissolve in 1/3 pint hot water. Chop meat. Blend flour with margarine in pan, add Oxo and stir until thick. Mix in meat and parsley. Season well and reheat without boiling. Fry pancakes and keep hot. Put spoonful of hot meat mixture down centre of each pancake. Fold in 3 and serve at once, with tomato or brown sauce. Makes 4 large pancakes.


ELEANOR M. CROZIER
Home Economist

MEAL-IN-A-CASSEROLE
Minute Maid Corp.

1 package Snow Crop Quick-Frozen Peas (12 ounces)
2 cans cream of chicken soup (undiluted)
2 tablespoons shortening
1 pound frankfurters
¼ cup bread crumbs
¼ cup grated Parmesan cheese
2 tablespoons butter or margarine

Cook peas following package directions. Blend carefully with undiluted cream of chicken soup. Melt shortening in heavy skillet and add frankfurters which have been cut in 1-inch pieces. Fry over moderate heat until lightly browned, then add to pea and soup mixture. Pour into 2-quart heatproof casserole. Sprinkle top with bread crumbs and grated cheese and dot with butter or margarine. Place, uncovered, in moderate oven (350 deg. F.) 15 minutes or until mixture is hot and top is golden brown. Makes 6 servings.

ONION LIVER BAKE
Campbell Soup Company Ltd.

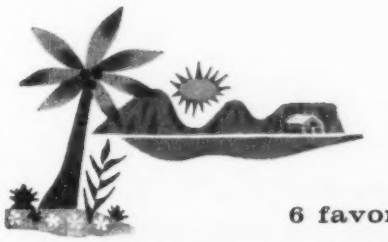
2 slices bacon
1 pound liver (beef or calves' liver)
¼ cup flour
1 can (1¼ cups) Campbell's Condensed Onion Soup

Partially cook bacon; remove from skillet. Cut liver into serving pieces and dust with flour; brown in bacon drippings. Pour soup over liver; lay bacon strips on top. Bake in a moderate oven (350 deg. F.) about 30 minutes or until liver is tender. Makes 4 servings.



Hawaiian

DOLE PINEAPPLE for quick ideas that please with ease!



DOLE is all tender *Hawaiian* Pineapple. Always ready to serve. Delicious as is, and a bright way to add extra zest to meats, salads, desserts. Get some today. Above, Dole tidbits add a golden touch to ice cream in individual pastry shells.

6 favorite styles:

tidbits | sliced | chunks | spears | crushed | juice



Try tasty, colorful DOLE Fruit Cocktail, too! It's made only from *whole* fruit—the finest peaches, pears, grapes, cherries and Hawaiian pineapple.

MAIN DISHES—MEAT

MUSHROOM HAM BAKE
Campbell Soup Company Ltd.

1 pound fresh broccoli (or a 10-ounce package frozen)
4 thin slices precooked ham
1 can (1¼ cups) Campbell's Condensed Cream of Mushroom Soup
½ cup shredded process cheese

Cook broccoli in unsalted water until tender; drain. Arrange ham slices in shallow baking dish; lay broccoli on ham. Stir soup; pour over broccoli. Sprinkle cheese on top. Bake in a very hot oven (450 deg. F.) about 10 minutes or until cheese is melted and bubbly. Makes 4 generous servings.


HELEN STEWART
Consumer Service

QUICK GLAZED HAM STEAKS
Shirriff-Horsey Corporation Ltd.

Preheat broiler. Prepare ham steaks or ham slices for broiling by slashing the edges of fat to prevent curling. Broil on one side, 3 to 5 inches from heat. When done, turn meat and spread 1 tablespoon Shirriff's Pineapple Marmalade over each slice. Broil until done (when marmalade begins to bubble). Serve immediately.

CHINESE GREEN PEPPER STEAK
Bovril (Canada) Limited

2 tablespoons lard or salad oil
1 pound round steak, cut into thin strips
1 teaspoon brown sugar
1 large onion, thinly sliced
1 clove garlic, minced finely
2 large green peppers, cut in strips
3 sticks celery, sliced crosswise
½ cup water
2 tablespoons Bovril
2 teaspoons cornstarch
1 teaspoon soy sauce

Melt lard or salad oil. Add beef, sprinkle with brown sugar and stir quickly over medium heat until meat has lost its rawness. Add the thinly sliced onion, finely minced garlic, green peppers cut in strips and celery sliced crosswise. Stir together until well mixed. Cover and cook over low heat for 10 minutes. Place in a small bowl the cold water, Bovril, cornstarch and soy sauce. Mix together well. When the meat has finished its cooking period, pour the sauce over it. Stir together. Cover and cook another 5 minutes, stirring twice. Verify seasoning. Serve with boiled rice. Yield: 4 portions.

CRISPY FRIED TABASCO CHICKEN
C. B. Powell Limited

½ teaspoon Tabasco
⅔ cup buttermilk
1 cup flour
1½ teaspoons salt
1 teaspoon Ac'cent (monosodium glutamate)
1 broiler, cut in pieces

Measure Tabasco and buttermilk into a shallow dish; mix well. Combine flour and salt. Sprinkle Ac'cent over chicken. Dip chicken in Tabasco-buttermilk mixture; roll in flour mixture. Brown chicken in hot fat ½ inch deep in skillet. Cover; reduce heat and cook slowly 30 minutes longer. Drain on absorbent paper. Makes 4 to 6 servings per chicken.

CHICKEN IN MUSHROOM SAUCE
Campbell Soup Company Ltd.

2 packages (1-pound size) frozen chicken breasts
¼ cup butter or margarine
1 can (1¼ cups) Campbell's Condensed Cream of Mushroom Soup
⅓ cup sherry
½ teaspoon black pepper
10 small white onions

Thaw chicken as directed on the package. Brown chicken in butter. Stir in soup, sherry and pepper; add onions. Cover; simmer about 45 minutes or until chicken is tender. Makes 6 to 8 servings.

ONION-BEEF STEW
Campbell Soup Company Ltd.

1 pound beef cubes
2 tablespoons butter or margarine
1 can (1¼ cups) Campbell's Condensed Onion Soup
½ soup can water
2 cups diced potatoes
1 package (10-ounce size) frozen peas

Brown beef in butter or margarine; add soup, water and potatoes. Cover; cook about 30 minutes. Add peas; cook 15 minutes longer. Makes 4 servings. *Note:* a 10-ounce package of frozen mixed vegetables may be substituted for the peas.

BARBECUED SPARERIBS
C. B. Powell Limited

3 pounds spareribs
4 tablespoons unsulphured molasses
4 tablespoons prepared mustard
3 tablespoons vinegar
2 tablespoons Worcestershire sauce
2 teaspoons Tabasco

Have spareribs cut in serving pieces. Place in shallow baking pan. Combine unsulphured molasses and mustard; stir in remaining ingredients. Brush spareribs with part of sauce. Bake in a moderate oven (350 deg. F.) 1½ hours, brushing frequently with remaining sauce. Makes 6 servings.

PORK CHOPS WITH VEGETABLE SAUCE
H. J. Heinz Company

6 pork chops
Salt and pepper
1 can (10½ ounces) Heinz Condensed Vegetable Soup with Beef Stock
or Vegetarian Vegetable Soup, diluted with an equal quantity of water
½ cup Heinz Tomato Ketchup

Brown chops in greased skillet; sprinkle with salt and pepper. Place in shallow baking dish. Combine soup, water and ketchup; pour over chops. Bake in moderate oven (350 deg. F.) for 1 hour or until tender. Serves 6.

CHICKEN AND ASPARAGUS CASSEROLE
Thomas J. Lipton, Limited

1½ cups cooked chicken
1½ pounds fresh asparagus, or 1 package frozen (cooked until just tender)
1 package Lipton Chicken Noodle Soup (cooked in 3 cups boiling water 7 minutes)
4 tablespoons butter
4 tablespoons flour
½ cup heavy cream, whipped
5 tablespoons grated Parmesan cheese

To make sauce: Melt butter, add flour and blend well. Stir in hot broth, strained from Lipton Chicken Noodle Soup. Simmer for 5 minutes. Remove from heat and fold in whipped cream. To one half the sauce add 4 tablespoons cheese. Arrange in layers in casserole in the following order: noodles (strained from soup), asparagus, plain sauce, chicken, cheese sauce. Heat in moderate oven for 20 minutes. Sprinkle 1 tablespoon cheese over the top and brown under broiler. Makes 6 servings.
Note: cooked broccoli or spinach may replace asparagus.

BUFFET OYSTERS
E. D. Smith & Sons, Limited

Add 1 pint drained oysters to 3 or 4 tablespoons butter in heavy frying pan. Cook slowly until edges curl. Add 2 tablespoons lemon juice, 1 to 2 teaspoons Lea & Perrins Worcestershire Sauce and seasonings to taste. Serve on hot toast with lemon wedges. Serves 4.


JOAN M. ROCK
Consumer Services

SHRIMP AND TOMATO SAVORIES
Ac'cent International

1½ packages (4 ounces each) cream cheese
¼ pound blue cheese, crumbled (about 1 cup)
2 tablespoons minced black olives
2 pimentos, finely chopped
1 tablespoon grated onion
½ teaspoon Ac'cent
Few grains pepper
2 large tomatoes, halved
1 pound shrimp, cooked and cleaned
4 slices lemon

Mash cream cheese and blue cheese to a paste. Add olives, pimentos, onion, Ac'cent and pepper; whip until fluffy. Place each tomato half on a 12-inch square of aluminum foil; sprinkle with additional salt, pepper and Ac'cent. Arrange shrimp on tomato halves. Spoon cheese mixture on shrimp; top with lemon slice. Bring foil up around food to form a bag; close tightly. Place on baking sheet. Bake in hot oven (400 deg. F.) 20 minutes. Remove from foil to serving plate. Makes 4 servings.
Note: this recipe is easily adapted for more servings. It may be served as appetizer or main course.

SALMON CASSEROLE SUPREME
British Columbia Packers Limited

2 half-pound cans Clover Leaf Salmon, flaked
1 cup medium white sauce
3 tablespoons pickle, chopped fine
¼ cup mayonnaise
Dash salt
Pepper
1½ cups bread crumbs

Mix mayonnaise, seasoning and flaked salmon. Make a layer of salmon in bottom of casserole. Pour over half the sauce, then crumbs. Repeat. Top with crumbs. Bake at 425 deg. F. for 15 minutes. Serves 6.

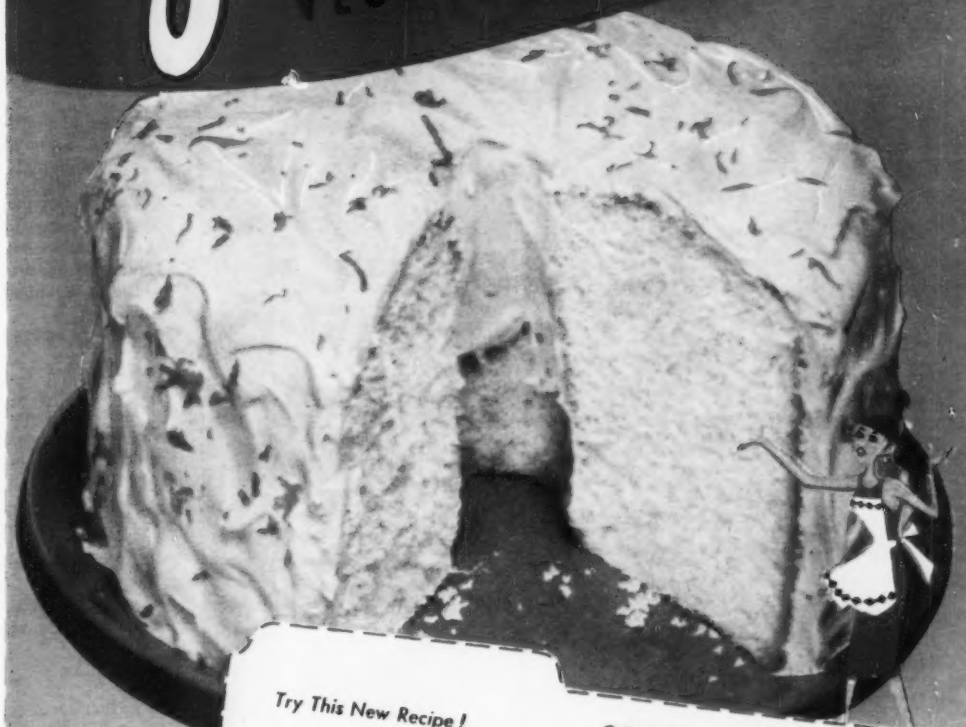
Bake an Orange Cake a Professional Chef would envy

with





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Try This New Recipe!

GATTUSO ORANGE CAKE

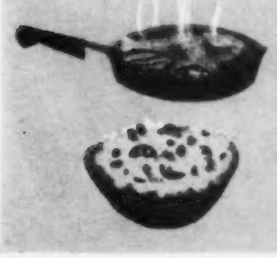
2¼ cups baking flour
1½ cups sugar
2½ tsp. baking powder
¼ tsp. baking soda
1 tsp. salt
½ cup Gattuso Vegetable Oil
5 egg yolks
7 egg whites
½ cup water
¼ cup orange juice
2 tsp. grated orange rind
½ tsp. cream of tartar

Mix flour, baking powder, baking soda, salt and 1 cup of sugar. Dig a well in centre, pour Gattuso Vegetable Oil, egg yolks, water, orange juice and grated rind. Mix well until perfectly blended. Beat whites until stiff but not dry. Add cream of tartar, continue to beat till thick. Gradually add sugar. Incorporate the first egg whites mixture. Bake in ungreased pan in 325°F oven for about one hour. Remove from pan when cool. Garnish with "Special Gattuso Icing". Serves 12.

SPECIAL GATTUSO ICING

2 egg whites
6 tbs. cold water
1 dash salt
1½ cups sugar
¼ tsp. cream of tartar
2 tsp. grated orange rind
Yellow coloring

Mix ingredients in top of double boiler. Beat ½ minute. Put on top of the boiling water. Beat until icing is right consistency to spread. Remove boiling water, add coloring and beat one minute.



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MAIN DISHES — FISH

CRUMB-TOPPED BAKED FILLETS

Lunenburg Sea Products Limited

Dip High Liner Fillets in mixture of ¼ cup milk and 2 teaspoons salt. Then roll in ½ cup fine dry bread crumbs combined with ½ cup grated cheese and ½ teaspoon paprika. Place fillets side by side in buttered baking dish. Drizzle with melted butter. Bake 25 to 30 minutes at 375 deg. F. or until tender. Serve with Almond Sauce.

ALMOND SAUCE

To 4 tablespoons melted butter, add ½ cup blanched shredded almonds, ½ teaspoon salt. Stir and sauté until lightly browned.

HALIBUT STEAK

Hunt Foods (Canada) Ltd.

¾ pound sliced halibut
Salt, pepper and flour
2 tablespoons salad oil
1 can Hunt's Tomato Sauce
¼ cup water
1 grated onion
Juice ½ lemon

Season fish with salt and pepper and dust with flour. Brown lightly on both sides in salad oil. Add remaining ingredients, cover, simmer 15 to 20 minutes or until fish is cooked through. Serves 2.

NOODLES AND SAUTEED SHRIMPS

Catelli Food Products Ltd.

8 ounces Catelli wide egg noodles
2 cans (6 ounces) shrimps, or 2 cups freshly cooked shrimps
1 cup bread crumbs, browned in butter
1 lemon

Cook noodles uncovered in rapidly boiling salted water until tender. Drain. Sauté the shrimps in butter until lightly browned. In a separate bowl, toss the cooked noodles and crumbs together. Put on a hot platter, and arrange the broiled shrimps on top. Garnish with sliced lemon. Serve with green salad. Makes 6 servings.

DOWN EAST STEW

Green Giant of Canada Limited

1 pint oysters
2 tablespoons butter
2 tablespoons flour
1¼ teaspoons salt
2 cups milk
1 cup diced cooked celery
1 can (1½ cups) Niblets Brand Whole Kernel Corn
1 cup thin cream

Pick over oysters; cook in their liquid until edges curl; drain and measure ¼ cup juice; chop oysters. Melt butter; blend in flour; add salt and pepper. Add milk gradually. Cook over hot water, stirring constantly, until thickened. Add oysters and liquid, celery, corn and cream. Heat thoroughly, but do not boil. Serve with crackers. Serves 4 to 6.

TUNA TAMALE

The Canadian Fishing Company Ltd.

2 eggs
1 cup milk
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon garlic salt
3 tablespoons chopped parsley
1 medium onion, finely chopped
1 cup yellow corn meal
1 can Gold Seal Tuna
1½ cups cream-style canned corn
1 cup pitted ripe olives

Beat eggs and add milk, salt, pepper and garlic salt. Stir in chopped parsley, onion and corn meal. Next, add Gold Seal Tuna, broken in pieces, cream-style corn and olives. Turn the mixture into 1½-quart casserole and bake in a moderate oven (325 deg. F.) for about 1 hour or until it is just set. Tuna Tamale serves 4 to 6 people and it's extra good with mushroom-soup sauce and chopped green pepper.

SALMON CROQUETTES

The Best Foods (Canadian) Ltd.

1 can (1 pound) salmon
1¼ cups soft bread cubes
½ cup Hellman's Best Foods Sandwich Spread
¼ cup milk
1 tablespoon grated onion
2 tablespoons lemon juice
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
1 egg
Dry bread crumbs

Flake salmon and combine with bread cubes, Sandwich Spread, milk, seasonings and egg. Chill several hours. Form into patties or sticks, roll in crumbs and bake on ungreased baking sheet in hot oven (375 deg. F.) 20 minutes. Makes 4 to 6 servings.

FISH PIE

Connors Bros. Limited

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
1 tin Brunswick Chicken Haddie (14 ounces)
1 tablespoon finely chopped onion
1½ tablespoons finely chopped parsley
1 tablespoon drained capers or chopped pickle
2 tablespoons lemon juice
Salt
Pepper
1 batch Cheese Biscuit Pie Topping

Preheat oven to 450 deg. F. (hot). Grease a small casserole. Melt butter or margarine and blend in flour, slowly stir in milk. Cook, stirring constantly until sauce is smoothly thickened. Stir in Brunswick Chicken Haddie, onion, parsley, capers or chopped pickle and lemon juice, season to taste with salt and pepper. Turn into prepared casserole.

CHEESE BISCUIT TOPPING

To 1½ cups of your favorite biscuit mix, add ¼ cup grated cheese and prepare as for biscuits. Place biscuits on top of fish mixture. Bake in hot oven until biscuits are done. Yield: 4 or 5 servings.

FISH CASSEROLE

Birds Eye Division, General Seafoods Limited

1 package (1 pound) Birds Eye Haddock, Cod, Ocean Perch or Flounder Fillets
1 cup water
1 cup thinly sliced onions
1½ teaspoons salt
¼ teaspoon pepper
1 tablespoon butter
1 tablespoon flour
1 cup fine bread crumbs
1 tablespoon chopped pimento
1 egg, slightly beaten
1 hard-cooked egg, chopped
1 tablespoon chopped parsley

Cut fish (frozen or thawed) into 1-inch cubes and place in saucepan. Add water, onions, salt and pepper. Cover and simmer 5 minutes or until fish is easily flaked with a fork. Drain; reserve liquid and add water, if necessary, to make 1 cup. Flake fish.

Melt butter in saucepan. Add flour and stir until blended. Then add the 1 cup liquid gradually, stirring constantly. Cook and stir until mixture is smooth and thickened. Add flaked fish and onions and the remaining ingredients. Mix well. Spoon into greased 1-quart casserole. Bake in moderate oven (375 deg. F.) 30 minutes or until lightly browned. Makes 4 servings.



MARIE FRASER
Food Editor

CHEESE CHOW MEIN

Dairy Farmers of Canada

2 cups seasoned, medium white sauce
1 package (8 ounces) Canadian Cheddar cheese, grated
2 cups canned bean sprouts
1 cup cooked green peas
1 can (10 ounces) sliced mushrooms, drained
¼ cup chopped pimento
Chinese noodles

Combine all ingredients except noodles in top of double boiler and heat. Serve over crisp, hot Chinese noodles. Makes 6 servings.

CHEESE FONDUE

George Weston Limited

½ cup grated cheese
1 cup cracker crumbs
1½ cups milk
1 egg
1 tablespoon melted butter
½ teaspoon salt

Mix the cheese, crumbs, and milk in a double boiler. Cook slowly until the cheese is entirely melted and the mixture starts to thicken. Stir in the egg lightly beaten, and cook a few minutes. Add the butter and salt just before removing from the flame. Serve on crisp crackers. As a luncheon dish, this is high in food value, besides being easily prepared. It lends itself particularly well to Sunday-night supper, or to evening party refreshments.

CHICKEN PILAF

H. J. Heinz Company

2 tablespoons shortening or salad oil
1 cup uncooked rice
2 tablespoons minced onion
2 cans (10½ ounces) Heinz Condensed Chicken Soup with Rice, undiluted
¾ cup water
¼ teaspoon salt

Heat shortening in large saucepan. Add rice and onion; heat, stirring until rice is lightly browned. Add soup, water and salt. Bring to boil; cover; simmer 30 minutes or until rice is tender. Makes 4 to 6 servings.



P.S. You'll bake cakes that are guaranteed perfect with Betty Crocker Cake Mixes. A choice of 8 special recipes. White, Yellow, Honey Spice, Devils Food, Marble, Chocolate Malt, Peanut Delight and Angel Food cake mixes.

NABISCO SPANISH EGGS
Nabisco Foods Limited

1 garlic clove
1 large tomato
1 tablespoon butter
6 eggs
1 teaspoon salt
¼ teaspoon pepper
4 Nabisco Shredded Wheat biscuits

Rub garlic clove over inside of frying pan. Peel tomato and cut into small pieces. Heat butter in frying pan; add tomato and cook 5 minutes. Beat eggs and add to tomato. Add seasonings. Cook slowly, stirring constantly, until eggs are set, but creamy. Crush tops of Nabisco Shredded Wheat biscuits; sprinkle each with 1 tablespoon hot water. If desired, dot with butter. Top with eggs.

SPAGHETTI CASSEROLE
The Best Foods (Canadian) Ltd.

¾ pound spaghetti
½ cup Hellman's Best Foods Real Mayonnaise
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
⅛ teaspoon dry mustard
¼ teaspoon Worcestershire sauce
1½ cups milk
¾ cup grated Cheddar cheese
2 tablespoons dry bread crumbs

Break spaghetti into pieces and cook in lightly salted water till tender. Drain. In a saucepan blend Real Mayonnaise, flour and seasonings. Add milk and beat with rotary beater until smooth. Add cheese and cook over very low heat, stirring constantly until smooth and thickened and cheese is melted. Add spaghetti and mix thoroughly. Pour into greased 1½-quart casserole sprinkled with crumbs. Bake in hot oven (400 deg. F.) 20 minutes. Makes 6 servings.

SPICY CHEESE-FILLED TOMATOES
The Borden Company, Limited

6 large tomatoes
½ teaspoon salt
½ cup chopped onion
2 tablespoons salad oil
½ teaspoon cinnamon
1 teaspoon marjoram
1 teaspoon oregano
1 cup cooked rice (⅓ cup uncooked)
½ pound Borden's Chateau Cheese, shredded
1 tablespoon water

Remove blossom from tomato. Cut a slice off top of tomato and save. Scoop out centre to make a shell; save pulp. Sprinkle salt into each tomato shell. Drain excess liquid from tomato pulp. Sauté onion in oil until lightly browned. Combine tomato pulp, onion, cinnamon, marjoram, oregano, rice and cheese. Divide mixture into tomato shells. Replace tops, cut side up. Arrange in baking dish. Add water to dish. Bake at 350 deg. F. 15 to 20 minutes. Serves 6.


MARY BLAKE
Home Economist

SOUTHERN ONION CASSEROLE
Carnation Company Limited

3 cups (1½ pounds) small, whole onions
1 quart boiling water
1 teaspoon salt
2 tablespoons butter
2 tablespoons flour
¼ teaspoon oregano (optional)
½ teaspoon curry powder
½ teaspoon salt
1 large can undiluted Carnation Evaporated Milk
½ cup peanuts
½ cup grated cheese or soft buttered bread crumbs

Place onions in boiling salted water. Cook 5 to 10 minutes until partially cooked. Drain thoroughly. Melt butter in top of double boiler over low heat. Add flour and seasonings. Stir until smooth. Slowly add Carnation. Place over boiling water. Cook until thickened and smooth (about 10 minutes), stirring constantly. Add onions and peanuts. Mix well. Place mixture in 1½-quart buttered casserole. Top with cheese or crumbs. Bake at 350 deg. F. about 15 minutes.

PICKLE-STUFFED EGGS ON SPINACH
Matthews-Wells Company Limited

4 hard-cooked eggs
¼ cup sweet pickle relish
2 tablespoons minced onion
⅛ teaspoon celery seed
2 tablespoons mayonnaise
3 cups cooked, salted spinach
2 tablespoons butter or margarine

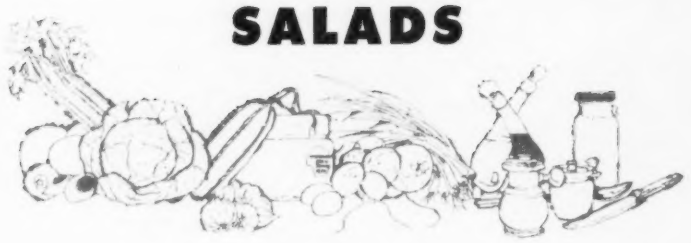
Cut eggs in half lengthwise and remove yolks. In a bowl mash yolks and combine with relish, onion, celery seed and mayonnaise. Refill whites with yolk mixture. Place spinach in a shallow baking dish; dot with butter or margarine. Arrange stuffed eggs on top. Bake in a hot oven (400 deg. F.) 8 to 10 minutes.

CHINESE ONION OMELET
The Canada Starch Company Limited

¼ cup shortening
3 cups chopped raw onions
2 tablespoons Crown Brand Corn Syrup
¾ teaspoon salt
⅛ teaspoon pepper
3 tablespoons Benson's or Canada Corn Starch
4 eggs

Heat shortening in skillet; add raw onions and corn syrup. Cook, stirring frequently until onions are tender. Add salt, pepper and Benson's or Canada Corn Starch; blend well. Pour onion mixture into well-beaten eggs; mix thoroughly. Drop by spoonfuls onto slightly greased hot griddle. Bake until set as for pancakes; turn and bake on other side, then serve. Makes 4 servings.

SALADS



BAKED HAM AND PEA SALAD
Canadian Canners Limited

1 can (15 ounces) Aylmer Dew Drop Peas
3 cups diced cooked ham
2 hard-cooked eggs, cut in quarters
1 tablespoon minced onion
1 tablespoon prepared mustard
½ to ¾ cup mayonnaise or salad dressing
1 cup crushed potato chips

Drain Aylmer Dew Drop Peas and toss lightly together with ham, eggs and onion. Combine mustard and dressing; fold into salad mixture. Spread in 8 x 8-inch greased baking dish and top with crushed potato chips. Bake at 400 deg. F. for 20 minutes. Makes 6 servings.

CREAMETTE MEXICAN SALAD
The Creamette Company

2 cups cooked Creamettes (equals ½ package, cooked)
1 cup kernel corn
1 firm, ripe tomato, diced
½ cup raw carrot, shredded
2 tablespoons grated onion
Salt, cayenne
Salad dressing

Combine first five ingredients; season to taste; mix with salad dressing until moist. Arrange in large wooden salad bowl, and garnish with fresh raw vegetables.

VEGETABLE-PICKLE SALAD
Matthews-Wells Company Limited

1 cup chopped dill pickles
½ cup chopped celery
1 can (20 ounces) kidney beans, drained
2 hard-cooked eggs, chopped
1 tablespoon grated onion
¾ teaspoon salt
¼ cup mayonnaise

In a large bowl, combine all ingredients. Mix thoroughly. Chill. Makes 4 to 6 servings.

SORRENTO TOMATO DRESSING
The Canada Starch Company Limited

2 slices fresh white bread
2 cloves garlic
1 cup tomato sauce
1½ teaspoons salt
1½ teaspoons sugar
½ teaspoon paprika
¼ teaspoon pepper
3 tablespoons Mazola Salad Oil
¼ cup vinegar

Remove bread crusts; cut garlic into thin slices and insert in bread. Allow to stand 1 hour, remove garlic. Crumble bread into small bowl; add tomato sauce, salt, sugar, paprika and pepper. Beat in Mazola Salad Oil and vinegar. Cover and chill well; stir before serving on green salads or as a sauce for sea foods. Makes 1½ cups.

LUNCHEON APPLE SALAD
Davis Gelatine (Canada) Ltd.

1 envelope Davis Gelatine
½ cup hot water
1 cup apple juice, chilled
1 tablespoon lemon juice
1 cup diced celery
½ cup chopped parsley
½ cup crushed nuts
2 cups diced ham
3 hard-cooked eggs

Dissolve gelatine in hot water, add apple juice and lemon juice, leave to thicken. Mix celery, parsley, nuts; add to apple jelly. Arrange ham and halves of eggs in a shallow mold or loaf tin, cover with the apple mixture. Chill. Serve with cold cuts. Makes 6 servings.

CRANBERRY MELON MOLD
National Cranberry Association

1 package raspberry-flavored gelatine
1 cup hot water
1 can (1 pound) Ocean Spray Jellied Cranberry Sauce
1 cup fresh melon balls

Dissolve raspberry gelatine in hot water. Crush cranberry sauce with fork. Add to gelatine. Arrange several melon balls in corner or on bottom of 1-quart mold. Stir remaining melon balls into cranberry-gelatine mixture. Spoon mixture into mold so that melon balls stay in place. Chill until firm. Unmold on lettuce.



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. . . let your imagination
take it from there!
All it takes is you
and your Magic!



Roll up edge of dough to form a rim deep enough to contain filling.



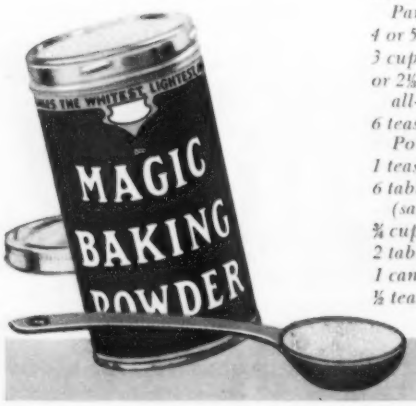
Make it mild or zesty by varying its herbs, cheeses and other ingredients.

MAGIC PIZZA PIE

¼ cup finely-chopped onion
Old cheddar or process cheese slices
4 wieners, sliced diagonally
Shredded old cheddar or Parmesan cheese
4 or 5 stuffed olives, sliced
3 cups once-sifted pastry flour or 2¾ cups once-sifted all-purpose flour
6 teaspoons Magic Baking Powder
1 teaspoon salt
6 tablespoons cooking (salad) oil
¾ cup milk
2 tablespoons chopped parsley
1 can (8 ounces) tomato sauce
½ teaspoon orégano

Prepare the onion, sufficient old cheddar or process cheese slices to cover the pizza, wieners, shredded old cheddar or Parmesan cheese, and the olives.

Sift flour, Magic Baking Powder and salt into a bowl. Make a well in the flour mixture and add cooking oil, milk and parsley; mix these liquids a little with mixing fork, then combine with flour mixture to form soft dough. Knead lightly for 10 seconds on waxed paper; pat into a ball and cover with another sheet of waxed paper. Roll out dough to an 11-inch circle; remove top sheet of paper. Turn over dough onto greased cookie sheet and peel off paper; turn up edge all around to form a deep rim. Spread dough with ½ the tomato sauce. Sprinkle sauce with orégano and onion; cover with sliced cheese. Arrange wieners over the cheese slices and spread with remaining tomato sauce. Sprinkle shredded cheese over mixture and top with thin slices of stuffed olives. Bake in a hot oven, 450°, about 20 minutes. Serve hot. Yield — 6 to 8 servings.



SALADS

ROUND-UP SALAD
Green Giant of Canada Limited

Salad greens
1 medium-size onion
1 can (16 ounces) pickled beets
1 can (15 ounces) Green Giant Brand Peas or Blue and Gold Brand Peas
1 can (5 ounces) boned chicken or turkey
2 hard-cooked eggs
French dressing or mayonnaise

Break crisp salad greens in pieces and add chopped onion. Arrange drained beets and peas, chicken cut into bite-size pieces, and sliced eggs on the greens. Mix gently with enough salad dressing to moisten. Six servings.

Note: Shelf round-ups to keep on hand for the salad may also include Green Giant Brand Green Beans or Green Giant Brand Wax Beans.

SOUR CREAM SPRING SALAD
The Borden Company, Limited

1 package lemon-flavored gelatine
1 cup hot water
1 teaspoon grated onion
1 tablespoon lemon juice
Salt and pepper
½ pint Borden's Sour Cream
1 cup diced cucumber
1 cup diced celery

Dissolve lemon gelatine in hot water; add onion, lemon juice, salt and pepper. Cool. Add sour cream, blend well. Then add chopped cucumber and celery. Pour into greased 1-quart ring mold or 6 individual molds. Serve on salad greens.

GRAPEFRUIT SALAD RING
Minute Maid Corp.

1 package lime-flavored gelatine
1 cup (8 ounces) hot water
1 can (13½ ounces) Minute Maid Fresh-Frozen Grapefruit Sections, thawed
Cold water
1 cup diced, unpared apples
½ cup chopped nuts

Dissolve lime gelatine in hot water. Drain off syrup from thawed grapefruit sections and measure to one cup with cold water. Add mixture to dissolved lime gelatine and stir well. Pour enough of mixture into lightly oiled 9-inch ring mold to cover bottom. Place grapefruit sections around ring mold and store in refrigerator. Chill. When partially set, add remaining lime gelatine, apples and nuts and allow to chill until firm. Invert on serving platter by running small spatula around edges. Serve with lettuce, water cress or other fresh greens and mayonnaise. Makes 6 servings.

LO-CAL SALAD DRESSING
Mil-ko Products Limited

4 tablespoons Instant Mil-ko Powder
⅔ cup white sugar
1 tablespoon dry mustard
2 tablespoons flour
½ teaspoon salt
1 cup vinegar
1 cup water
½ cup Instant Mil-ko Powder
½ cup ice water
1 teaspoon lemon juice

Blend together sugar, mustard, flour, salt and 4 tablespoons Instant Mil-ko Powder. Gradually add water and vinegar. Cook in double boiler until thick. Let chill. Into a chilled bowl add ice water and ½ cup Instant Mil-ko Powder. Whip until stiff. Add lemon juice and whip until smooth. Fold whipped mixture into chilled salad dressing.



GERTRUDE AUSTIN
Home Economist

INDIVIDUAL CHICKEN SALAD PIE
Sunkist Growers

2 tablespoons sesame seeds
½ package pie-crust mix or recipe for 1-crust pie
1½ cups diced cooked chicken
1½ cups bias-sliced celery
2 cups orange chunks
1 cup toasted slivered almonds
½ cup mayonnaise
¼ cup sour cream
1 teaspoon curry powder
1 teaspoon lemon juice
½ teaspoon salt
Water cress

Toast sesame seeds in oven at 325 deg. F. until light golden tan, about 10 minutes. Make up pastry, roll into oblong and sprinkle with sesame seeds. Fold pastry in thirds toward centre. Roll dough again. Cut and fit on individual ramekins or muffin tins. Prick all over with fork. Bake at 450 deg. F. until browned, about 10 to 12 minutes. Cool. Combine chicken, celery, orange chunks and almonds. Blend mayonnaise, sour cream, curry powder, lemon juice and salt. Toss lightly with salad until well mixed. Pile into sesame-seed shells. Chill well. Serves 8 to 9. If desired, garnish with water cress.

ORANGE GOURMET SCRAMBLE
Sunkist Growers

1 cup salad macaroni
3 oranges, peeled and cut into chunks
1 small onion, sliced
¼ cup Cheddar cheese, cubed
Chopped sweet pickle
½ cup mayonnaise

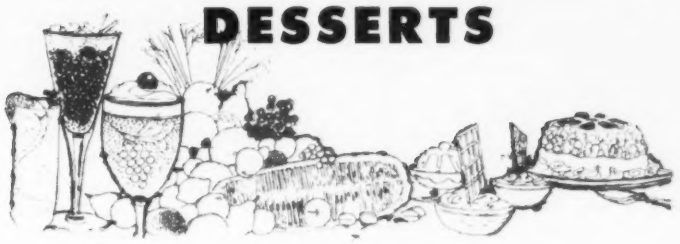
Cook macaroni, rinse in cold water, cool. Add orange chunks, onion, cheese and chopped pickle. Stir in mayonnaise. For better mingling of flavors let stand for several hours. Serves 4.

HONEY-SPICE DRESSING
Swift Canadian Co., Limited

1 cup Swift's Jewel Oil
1 cup ketchup
½ cup liquid honey
⅓ cup vinegar or lemon juice
3 tablespoons green pickle relish
1 teaspoon celery seed
1 teaspoon salt
¼ teaspoon pepper

Combine all ingredients in a quart jar. Shake well to combine. Use on vegetables, or meat salads. Makes 1 pint.

DESSERTS



STRAWBERRY-ORANGE CHIFFON PIE
Swift Canadian Co., Limited

PASTRY
One baked 9-inch Jewel pastry shell
FILLING

2 egg yolks
¼ cup sugar
¼ teaspoon salt
2 tablespoons cornstarch
⅛ teaspoon nutmeg
1 cup orange juice
1¼ cups milk
1 tablespoon gelatine
¼ cup cold water
½ teaspoon vanilla
2 egg whites
¼ cup sugar
1 cup fresh strawberries

Combine egg yolks, ¼ cup sugar, salt, cornstarch, and nutmeg. Gradually add orange juice and milk. Cook over low heat, stirring constantly, until thickened. Soften gelatine in cold water. Add gelatine and vanilla to custard stirring until gelatine is dissolved. Cool custard until thickened. Beat egg whites until stiff. Gradually add sugar and continue beating until a soft meringue is formed. Add strawberries to custard. Fold meringue into custard. Pour into crust and chill for 2 hours or until set. Garnish with toasted coconut.
Variation: Fresh raspberries, blackberries, or very ripe peaches may be used.

ORANGE AMBROSIA CREAM
McCormick's Limited

1 can (6 ounces) frozen orange juice
3 cups Miniature Marshmallows
1 cup heavy cream, whipped
2 cups orange sections

Heat the concentrated orange juice in a saucepan. Add marshmallows and stir until completely dissolved. Cool until thickened; then, fold in whipped cream and orange sections. Chill in sherbet glasses. Makes 6 servings.



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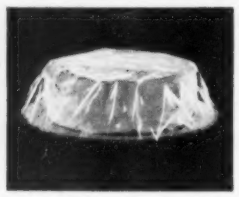
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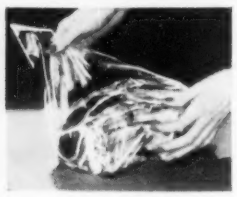
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DESSERTS

NO-BAKE CHEESECAKE

Knox Gelatine (Canada) Ltd.

2 envelopes unflavored gelatine
¾ cup sugar, divided
¼ teaspoon salt
3 eggs, separated
1⅓ cups evaporated milk
1 tablespoon grated lemon rind
¼ cup lemon juice
1 teaspoon vanilla
3 cups (24 ounces) creamed cottage cheese

Mix gelatine, ½ cup of the sugar and salt in top of double boiler. Beat together egg yolks and evaporated milk; add to gelatine mixture. Cook over boiling water, stirring until gelatine dissolves and mixture thickens slightly. Remove from heat; add lemon rind, lemon juice and vanilla; cool. Sieve cottage cheese into large mixing bowl; or beat with electric beater until smooth. Stir in cooled gelatine mixture. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. While mixture is chilling prepare Crumb Topping and set aside. Beat egg whites until stiff, but not dry. Gradually add remaining ¼ cup of the sugar and beat until stiff. Fold into gelatine-cheese mixture.

CRUMB TOPPING

2 tablespoons melted butter
1 tablespoon sugar
½ cup graham cracker crumbs
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Mix together all ingredients. Turn cheesecake mixture into an 8-inch, spring-form pan; sprinkle with crumbs. Chill until firm. If desired, an 8- or 9-inch square pan or a 9 x 5-inch loaf pan may be used. Line with waxed paper, press crumb mixture in bottom of pan; turn in cheesecake mixture. Party size, 10 to 12 servings.



RITA MARTIN
Home Service

ALMOND SPICE PUDDING

Robin Hood Flour Mills Limited

1 package Robin Hood Honey Spice Cake Mix
¾ cup water
1 egg
1 teaspoon vanilla
½ teaspoon almond extract
½ cup almonds
1 cup brown sugar
1 cup boiling water

Preheat oven to 350 deg. F. (moderate). Blanch and chop almonds. Toast them in moderate oven for 10 to 15 minutes. Prepare Robin Hood Honey Spice Cake Mix according to package directions, adding ½ teaspoon almond extract. Pour 2/3 of batter into well-greased 8-inch baking dish. Sprinkle almonds and brown sugar over batter. Pour 1 cup boiling water carefully over the top. Bake 30 minutes. Serve hot, plain or with pouring cream. Serve cold with whipped cream.

Note: With remaining batter make 6 cupcakes. Bake at 375 deg. F. for 20 minutes. Makes 8 servings plus the 6 cupcakes for another day.

FLUFFY PUDDING

Cream of Wheat (Canada) Ltd.

3 cups milk
½ cup Enriched Quick Cream of Wheat
½ teaspoon salt
½ cup sugar
2 eggs, beaten
1 teaspoon vanilla

Heat milk just to boiling. Gradually stir in Enriched Quick Cream of Wheat, ½ teaspoon salt, ½ cup sugar. Stir over low heat while it thickens. Continue cooking 4 minutes. Stir a little of this hot Cream of Wheat into 2 beaten eggs, then return egg mixture to pan and cook 1 minute more, stirring constantly. Remove from heat, stir in 1 teaspoon vanilla. Pour into oiled 1-quart mold or individual molds. Chill. Unmold and serve with sweetened whipped cream or any fruit sauce.

FRUIT MOLDS

Cream of Wheat (Canada) Ltd.

3 cups milk
1 teaspoon salt
½ cup brown sugar
½ cup Cream of Wheat

Combine and heat together milk, salt, and brown sugar. Slowly stir in Cream of Wheat. Cook until thick. Fill greased custard cups with hot cereal. Chill. Unmold and serve with stewed fruit.

CINNAMON APPLE BETTY

Christie, Brown and Company, Limited

20-ounce can sliced apples
2 teaspoons lemon juice
¼ teaspoon grated lemon rind
12 square Cinnamons By Christie's
2 tablespoons butter or margarine
¼ cup brown sugar

Pour sliced apples into greased 1-quart baking pan; add lemon juice and rind. Roll Cinnamons By Christie's to fine crumbs; thoroughly blend with butter or margarine and brown sugar. Sprinkle over apples. Bake in moderately hot oven (375 deg. F.) 20 minutes. Serves 4.

SWEET APPLESAUCE

St. Lawrence Starch Company, Limited

Cut 4 pounds apples into quarters; place in saucepan with 1 cup water. Simmer until completely cooked. Put through wire sieve to remove stems, skins and seeds. Then add 2 cups Bee Hive Golden Corn Syrup or more to taste.

CHOCOLATE CREAM ROLL

Fry-Cadbury Ltd.

6 tablespoons sifted pastry flour
6 tablespoons Fry's Cocoa
½ teaspoon baking powder
¼ teaspoon salt
4 eggs, separated
¾ cup granulated sugar
1 teaspoon vanilla
1 package Fry's Instant Chocolate Icing
½ cup sour cream (commercial)
1 teaspoon vanilla
¼ cup grated coconut

Mix and sift together the pastry flour, cocoa, baking powder and salt four times. Beat egg whites until stiff and glossy. Gradually add ½ cup of the granulated sugar and beat again until the mixture forms peaks. Beat the yolks until they are thick and lemon-colored. Add the remaining ¼ cup granulated sugar and vanilla. Combine the whites and the egg-yolk mixture. Carefully fold in the sifted dry ingredients and blend lightly. Line a jelly-roll pan, 15 x 10 inches, with oiled paper. Pour batter into pan and spread evenly. Bake in a 400-deg. F. oven for 13 to 15 minutes. When baked, turn on a towel lightly dusted with powdered sugar. Cut off the edges if necessary and remove paper. Spread with prepared filling and roll up. Cool on wire rack. To serve, cut in slices.

FILLING

Place contents of Fry's Instant Chocolate Icing package in a bowl. Add the sour cream, vanilla and coconut. Stir until well blended and spread on cake.

ANGEL PARFAIT CAKE SURPRISE

Pillsbury Mills, Inc.

Bake Pillsbury Angel Food Cake Mix as directed on package. Cool. Meanwhile prepare Peach Parfait Filling.

Cut a horizontal slice, 1 inch thick, from top of cooled Angel Food Cake. (Use a long-bladed sharp or serrated knife; or hold heavy sewing thread 1 inch below top of cake and gently pull thread back and forth in sawing motion to cut through cake.) Remove centre portion 1½ inches wide and 2 inches deep, cutting down from top of cake and pulling out pieces. Spoon thickened Peach Parfait Filling into cake hollow. Replace slice cut from top. Chill until filling is set, 30 to 40 minutes. If desired, spread top and sides with sweetened whipped cream and garnish top with peach slices.

PEACH PARFAIT FILLING

Dissolve 1 package lemon- or orange-flavored gelatine in 1¼ cups boiling water. Add 1 pint vanilla ice cream cut in pieces; stir until melted. Blend in ½ teaspoon almond extract. Chill until mixture is thickened but not set, 20 to 30 minutes. Fold in 1½ cups sliced fresh peaches.

Note: Cake pieces may be torn about 1 inch thick to use in another Angel Parfait dessert. Combine with thickened parfait mixture and spoon into sherbet glasses. Chill until parfait is set.

If desired, substitute well-drained canned or frozen peaches; dissolve gelatine in ¾ cup water and ½ cup peach juice, heated to boiling.

In the World of Desserts with Frances Barton

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Here's a very special party dessert that any teenager can make:

LEMON CREAM ANGEL CAKE

Prepare Jell-O Lemon Pie Filling as directed on package. Cool to room temperature, stirring once or twice. Slice a 10-inch tube angel food cake crosswise into three layers. Spread half of cooled filling between these layers. Put layers together. Whip 1 cup whipping cream and fold into remaining filling. Spread on top and sides of cake. Chill 1 hour before serving.

☆ ☆

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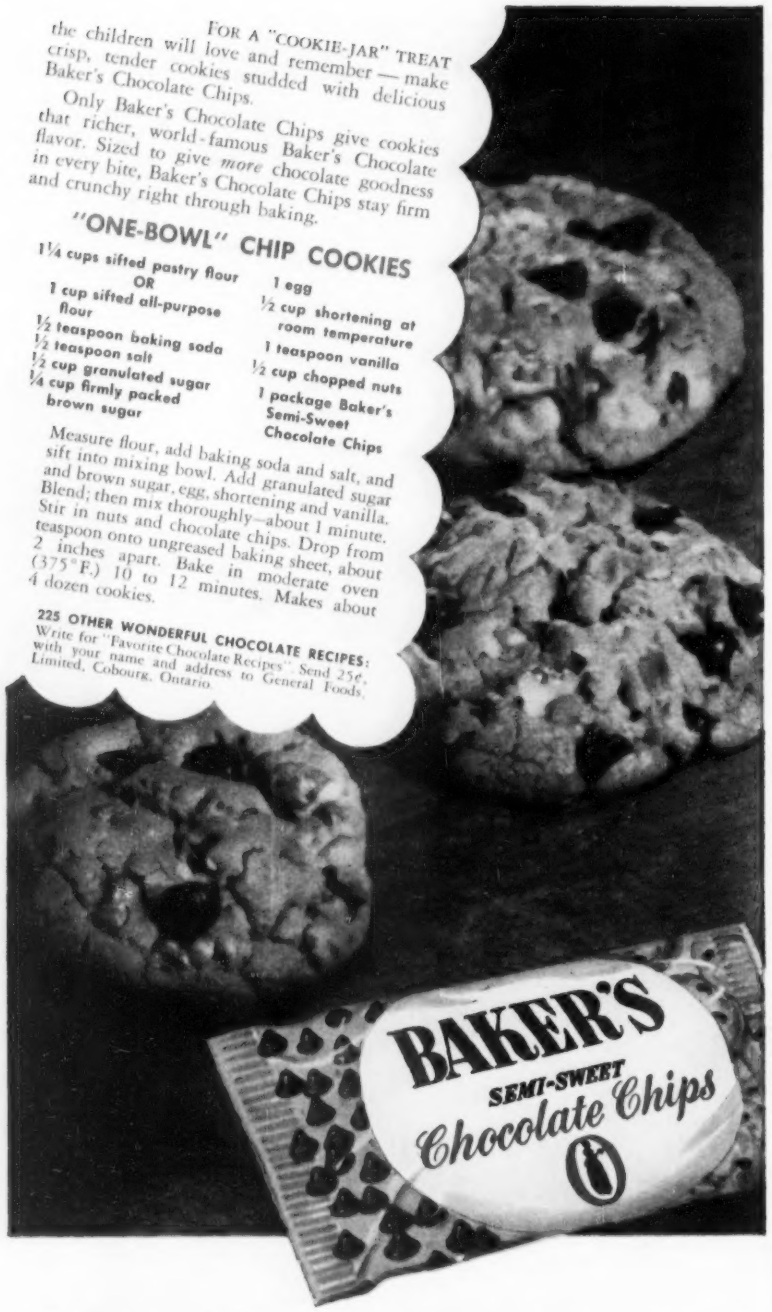
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"ONE-BOWL" CHIP COOKIES

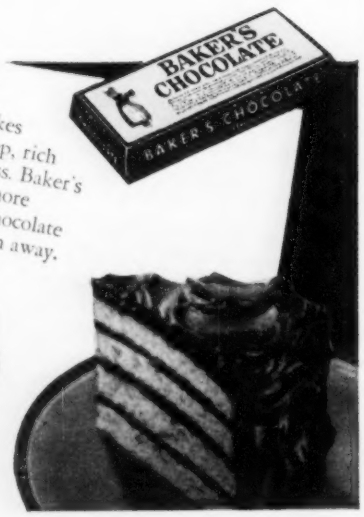
1¼ cups sifted pastry flour
OR
1 cup sifted all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
½ cup granulated sugar
¼ cup firmly packed brown sugar
1 egg
½ cup shortening at room temperature
1 teaspoon vanilla
½ cup chopped nuts
1 package Baker's Semi-Sweet Chocolate Chips

Measure flour, add baking soda and salt, and sift into mixing bowl. Add granulated sugar and brown sugar, egg, shortening and vanilla. Blend; then mix thoroughly—about 1 minute. Stir in nuts and chocolate chips. Drop from teaspoon onto ungreased baking sheet, about 2 inches apart. Bake in moderate oven (375°F.) 10 to 12 minutes. Makes about 4 dozen cookies.

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DESSERTS

PANCAKE STACKS WITH FLORIDA ORANGE SAUCE
Florida Citrus Commission

1¼ cups sifted all-purpose flour
2½ teaspoons baking powder
¾ teaspoon salt
3 tablespoons sugar
1 egg, slightly beaten
¼ cup milk
¾ cup Florida orange juice
3 tablespoons melted butter or margarine
1 to 2 cups cottage cheese

Sift together dry ingredients. Combine slightly beaten egg, milk, orange juice and butter. Stir into dry ingredients. To make 4 large pancakes, bake on hot griddle, one at a time, using 2/3 cup batter for each pancake. Stack pancakes, spreading 1/3 cup cottage cheese between each. To serve, cut into wedges; spoon Florida Orange Sauce over top. Makes 4 to 6 servings.
Note: For main luncheon dish use 2 cups cottage cheese; as a dessert use 1 cup.

FLORIDA ORANGE SAUCE

1 tablespoon cornstarch
½ cup sugar
¼ teaspoon salt
1 cup Florida orange juice
2 teaspoons grated Florida orange rind
1 tablespoon butter or margarine
1 Florida orange, sectioned

Mix together cornstarch, sugar and salt in a saucepan. Blend in orange juice gradually; add orange rind. Cook over medium heat until mixture comes to a boil, stirring constantly. Add butter and Florida orange sections; heat. Makes about 1¼ cups.

PINEAPPLE LEMON PUFFS
W. & R. Jacob & Co. Ltd.

Take one Jacob's Lemon Puff biscuit. Spread with whipped cream. Cover with another Lemon Puff. Top with 1 tablespoon crushed pineapple and finish with whipped cream. Decorate with cherry.

GOLDEN RHUBARB
St. Lawrence Starch Company, Limited

1 pound rhubarb
1 cup Bee Hive Golden Corn Syrup

Cut rhubarb in 1-inch pieces; place in saucepan and add Bee Hive Golden Corn Syrup. Use no water. Simmer slowly until cooked.


LOUISE OGILVIE
Home Service

SPICED ANGEL FOOD CAKE
The Ogilvie Flour Mills Co. Limited

1 package Ogilvie Angel Food Cake Mix
Lemon Sauce

Pour 1 cup plus 2 tablespoons (9 ounces) of water into a 3-quart bowl. Blend into water 1 teaspoon cinnamon, ½ teaspoon cloves and ½ teaspoon nutmeg. Sprinkle the contents of package A over this mixture. Blend at low speed with electric mixer or rotary beater until this egg-white mixture is well dispersed and moistened. Scrape mixture free from bottom and sides of bowl with a rubber spatula or knife. Beat at high speed until egg whites are stiff, so that peaks will form when the beater is raised (approximately 5 to 6 minutes).
Sift the contents of package B, about ¼ at a time, into the beaten egg-white mixture, folding in lightly until all the flour mixture is blended in. *Be sure to fold mixture—do not stir.* Pour into ungreased 8- or 9-inch angel-food tube pan. Bake in a preheated (375 deg. F.) oven for 30 to 35 minutes. Cake is done when top is golden brown and will spring back when lightly pressed. Cool cake in pan, upside down, for 1 to 2 hours before removing. Loosen cake from sides of pan and centre tube with knife and gently remove.

LEMON SAUCE

4 tablespoons Ogilvie 4-Way Vitamin Enriched Flour
½ cup granulated sugar
1 tablespoon grated lemon rind
Few grains salt
1 cup water
2 tablespoons lemon juice
2 tablespoons butter

Mix flour, sugar, lemon rind and salt; gradually add water. Cook over low heat, stirring constantly, until thickened. Cook over hot water, stirring occasionally, 5 minutes. Add lemon juice and butter. Makes 1½ cups.

COEUR A LA CREME
Birds Eye Division, General Seafoods Limited

2 tablespoons gelatine
3 tablespoons cold water
1 pound (2 cups) cottage cheese
1½ packages (4 ounces each) cream cheese
1 cup heavy cream
1 tablespoon icing sugar
2 boxes (15 ounces each) Birds Eye Sliced Strawberries, thawed

Soften gelatine in cold water. Heat over hot water until dissolved. Put cottage cheese through a fine sieve. Soften cream cheese; add cream gradually blending well. Add sugar and the cottage cheese. Stir in dissolved gelatine. Spoon into 1-quart mold (heart-shaped if desired) or 8 to 10 individual molds. Chill until firm. Unmold. Serve topped with sliced strawberries. Makes 3¾ cups or 10 servings.

ORANGE TRIFLE
Minute Maid Corp.

12 slices sponge cake (4 x 1 inches approximately)
½ cup (4 ounces) apricot or peach jam
1 can (6 ounces) Minute Maid Fresh-Frozen Orange Juice (thawed and undiluted)
4 large eggs, slightly beaten
½ cup (4 ounces) sugar
¼ teaspoon salt
2 cups (16 ounces) milk, hot
½ teaspoon almond flavoring
1 cup (8 ounces) heavy cream, whipped

Split sponge-cake slices in half lengthwise and sandwich with apricot or peach jam. Place 6 in bottom of serving bowl and cover with ½ can of orange-juice concentrate. Place lightly beaten eggs in top part of double boiler with sugar and salt. Add hot milk slowly, stirring constantly until all sugar is dissolved. Place over hot, not boiling, water and stir continually until mixture thickens and coats back of spoon. Remove from heat immediately and set pan in bowl of cold water. When custard is cold, stir in almond flavoring. Pour half over sponge cake in bowl. Add another layer of remaining sponge cake and top with remaining orange concentrate. Pour rest of custard over and chill in refrigerator at least 2 hours. Just before serving cover with whipped cream. Makes 8 servings.

COFFEE ANGEL TORTE
Maple Leaf Milling Co. Limited

1 package Monarch Angel Food Cake Mix
1 tablespoon instant coffee
1½ cups miniature or quartered marshmallows
½ cup strong hot coffee
2 cups whipped cream
2 tablespoons sugar
1 teaspoon vanilla
¼ cup finely chopped nut meats
½ square sweet chocolate, grated

Prepare and bake Monarch Angel Food Cake Mix as directed on package, adding coffee to flour mixture. Divide batter evenly into four 8-inch round layer cake pans, lightly greased and lined with waxed paper. Bake at 350 deg. F. for 25 to 30 minutes or until top springs back when lightly touched. Invert pans on cake racks to cool. When thoroughly cool remove from pans. Melt marshmallows in hot coffee over low heat. Chill until partially set. Add sugar and vanilla to whipped cream and fold one half into marshmallow mixture. Add nut meats. Spread between layers. Place fourth layer on cake. Spread remaining whipped cream on top of cake and garnish with grated sweet chocolate. Chill before serving.

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ALMOND TWISTS

Measure into bowl
1 cup lukewarm water
Stir in
2 teaspoons granulated sugar
Sprinkle with contents of
2 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, THEN stir well.
Cream
⅓ cup butter or margarine
Blend in
½ cup granulated sugar
1½ teaspoons salt
Blend in, part at a time
2 well-beaten eggs
Add the yeast mixture and
1 teaspoon vanilla
Stir in
2 cups once-sifted all-purpose flour
and beat until smooth and elastic.
Work in an additional
2¼ cups (about) once-sifted all-purpose flour
Turn out on lightly-floured board; knead until smooth and elastic; place in greased bowl. Brush top of dough with melted shortening. Cover. Let rise in warm place, free from draft, until doubled in bulk—about 1 hour.

Meantime prepare and combine
¾ cup finely-crushed cracker crumbs
½ cup blanched almonds, finely-ground
¾ cup granulated sugar
1 slightly-beaten egg
2 tablespoons water
1½ teaspoons almond extract

Punch down dough. Turn out and halve the dough; set one portion aside to shape later. Roll one portion into a 12-inch square. Spread ⅔ of square with half the crumb mixture. Fold plain third of dough over crumb mixture, then fold remaining third over top—making 3 layers of dough and 2 of filling. Cut rectangle into 18 strips. Twist each strip twice; place on greased cookie sheet. Press 2 or 3 blanched almonds into filling of each twist. Brush with melted butter or margarine; sprinkle with sugar. Shape second portion of dough in same manner. Cover. Let rise until doubled in bulk—about 1 hour. Bake in moderate oven, 350°, 20 to 25 mins. Yield: 36 twists.

DESSERTS

PEAR MELBA
Canadian Canners Limited

1 can (20 ounces) Aylmer Bartlett Pears
½ cup toasted, halved, blanched almonds
1 can (15 ounces) Aylmer Strawberries, drained
1 pint vanilla ice cream, softened

Drain syrup from Aylmer Bartlett Pears. Place 1 pear half in each serving dish. Decorate with toasted almond halves. Blend strawberries into softened ice cream. Spoon over Aylmer Bartlett Pears. Serve at once. Makes 5 servings.

LEMON DESSERT DUMPLINGS
Maple Leaf Milling Co. Limited

2½ cups Monarch Tea-Bisk
1 egg, unbeaten
1 package lemon pie filling
½ cup white sugar
1 tablespoon chopped red cherries
½ to ⅔ cup milk or water

Mix together lightly Monarch Tea-Bisk, egg, pie filling, sugar, red cherries and milk or water. Drop from a tablespoon into boiling syrup mixture and cook, covered, for 20 minutes. Serve immediately.

SYRUP
2 cups brown sugar
4 cups water
1 tablespoon butter
1 tablespoon crystallized ginger, cut in small pieces

In a wide 3-quart saucepan bring sugar and water to a boil. Add butter and crystallized ginger pieces.


LILA M. JONES
Home Economist

HONEY MINCEMEAT SQUARES
H. J. Heinz Company

1 jar (17½ ounces) Heinz Mince Meat
½ cup strained honey
2 tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon ground cinnamon
2 cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
½ cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
½ cup chopped pecans

Combine mincemeat, honey, lemon juice, salt and cinnamon. Bring to a boil; simmer 10 minutes, stirring frequently. Cool. Sift together flour, baking powder and salt. Cream shortening and sugar. Add eggs, vanilla and nuts. Beat well. Stir in flour mixture. Spread in greased baking pan (13 x 9½ x 2 inches). Spread with mincemeat mixture. Bake in moderate oven (350 deg. F.) for 30 minutes. Spread topping over baked mincemeat mixture, sprinkle with nuts. Return to oven for 15 minutes or until golden brown. Cool slightly before cutting into squares. Serve warm or cold, with ice cream if desired. Makes 2 dozen squares.

TOPPING
2 egg whites
½ cup strained honey
½ cup chopped pecans

Beat egg whites until frothy; gradually add honey and beat until whites stand in stiff peaks. Spread as directed and sprinkle with nuts.

ORLEANS STRAWBERRY CREAM
Davis Gelatine (Canada) Ltd.

1 envelope Davis Gelatine
½ cup hot water
½ cup sherry
4 egg yolks
1 tablespoon sugar
1 cup whipped cream
2 cups strawberries, stalked and sugared

Dissolve gelatine in hot water. Warm wine in double saucepan over hot water. Beat egg yolks and sugar together, pour into wine and whisk until thick; remove from heat. Add dissolved gelatine to the mixture and place the pan in a bowl of ice or ice water. Continue beating until cold. Fold cream through the mixture and carefully add the strawberries. Place in a mold and chill. Makes 6 servings.

SUNSHINE MOLD
Shirriff-Horsey Corporation Ltd.

Prepare 1 package Shirriff's Lime Lushus according to package directions. When cool, arrange ring of banana slices in thin layer on partially set jelly in mold. To remaining jelly, when slightly set, add ½ cup halved sweet grapes, 1 cup drained Horsey Grapefruit Sections and ¼ cup chopped nuts. Pour into mold, chill, unmold and garnish with banana slices.

CHOCOLATE NUT ROLL
Robin Hood Flour Mills Limited

1 package Robin Hood Brownie Mix
¼ cup water
2 eggs
½ cup chopped walnuts

Take the labels off two 20-ounce cans. Wash cans. Dry and grease them well. Place small rack in bottom of deep pot or kettle with a lid. Start water boiling in another kettle. Mix Robin Hood Brownie Mix, water and eggs until well blended. Add nuts. Fill tins 2/3 full. Cover with greased waxed paper and heavy brown paper and tie securely. Place on rack. Add boiling water to a level halfway up tins. Cover kettle and steam rolls for one hour, adding more *boiling* water as needed to keep the water at the same level. Cake tester or straw should come out clean when rolls are done.

Remove from tins while hot. Cut in thick slices and serve hot or cold with ice cream and chocolate sauce, hard sauce or crushed pineapple and whipped cream. *Note:* These may be made in smaller rolls (using baking-powder tins). They will take less time to steam. Slice thinly and spread with pineapple cream cheese or put two slices together with tinted butter icing and cut in half.

GINGERBREAD WITH CHEDDAR CHEESE
Kraft Foods Limited

1 8-inch round layer of gingerbread
1 cup applesauce
1 8-ounce package Cracker Barrel Brand Old or Mild Canadian Cheddar Cheese, sliced

Split the gingerbread and spread applesauce between the layers. Cut gingerbread into wedges and top each wedge with a slice of cheese.

RICE KRISPIES DATE PUDDING
Kellogg Company of Canada Limited

3 cups Kellogg's Rice Krispies
1 teaspoon baking powder
1 cup chopped nut meats
1 cup cut dates
2 eggs
1 cup sugar
¼ cup milk

Crush Rice Krispies into fine crumbs; combine with baking powder, nut meats and dates. Beat eggs slightly; stir in sugar and milk. Add to Rice Krispies mixture, mixing carefully. Pour into greased 8 x 8-inch pan. Bake in moderately hot oven (400 deg. F.) about 40 minutes. Cut into squares and serve hot or cold with whipped cream or hard sauce, if desired. Makes 9 servings.

MINCEMEAT CRUMBLE DESSERT
H. J. Heinz Company

Pastry, using 1 cup flour
1 cup all-purpose flour
⅓ cup butter or margarine
⅓ cup sugar
⅓ cup chopped walnuts
1 jar (1 pound 1½ ounces) Heinz Mince Meat
¼ cup milk

Heat oven to 400 deg. F. (moderately hot). Line baking pan (8 x 8 x 2 inches) with pastry. With fingers, work flour, butter and sugar until crumbly; add walnuts. Combine mincemeat and milk. Spread ½ mincemeat mixture over pastry; top with ½ crumbs mixture. Repeat layers. Trim crust; flute even with filling. Bake 1 hour. Serve warm with cream or ice cream. Makes 6 servings.



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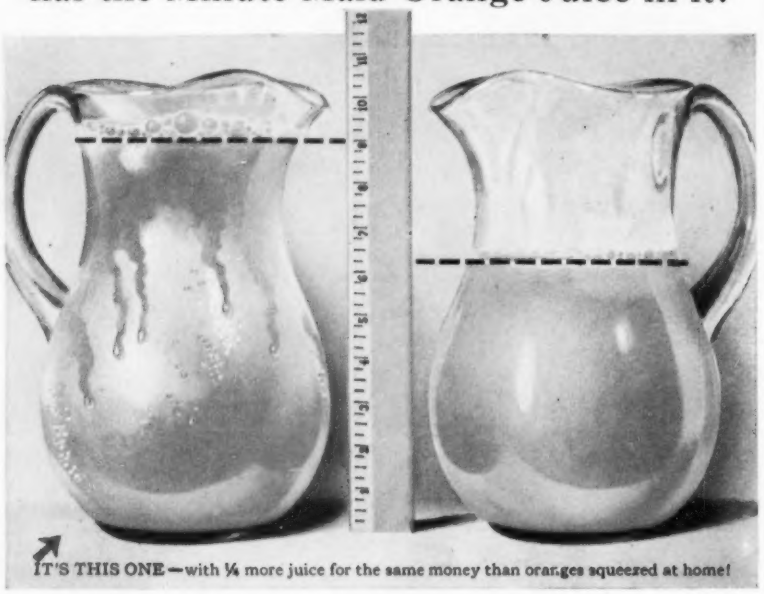
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Crumb Crust — Crush 4 cups cornflakes into fine crumbs. Melt ¼ cup butter or margarine. Remove from heat and stir in ⅓ cup lightly-packed brown sugar, ⅛ teaspoon ground cinnamon, ¼ teaspoon salt, crushed cornflakes; mix well. Press into sides and bottom of well-greased 8½" pie pan. Chill thoroughly.

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DESSERTS

NESSELRODE PUDDING
Standard Brands Limited

2 cups cold milk
1 package Royal Instant Vanilla Pudding
½ teaspoon rum extract
3 tablespoons chopped, mixed candied fruits (cherries, orange peel, and lemon peel)

Pour the milk into a deep, 1-quart mixing bowl. Add the rum extract and sprinkle contents of Royal Instant Pudding on top. Beat until well mixed, about 1 minute. Stir in the candied fruit and pour into serving dishes. To serve, top with ½ cup heavy whipped cream and sprinkle 2 tablespoons of shaved semi-sweet chocolate over top. Makes 4 to 6 servings.

PEPPERMINT CHOCOLATE PARFAIT
Shirriff-Horsey Corporation Ltd.

1 package Shirriff's Chocolate Bud Dessert
½ cup whipping cream
Shirriff's green food coloring
Shirriff's peppermint extract

Prepare Shirriff's Chocolate Bud Dessert according to package directions. Cool, stirring occasionally. Place spoonfuls of whipped cream (tinted pale green and flavored with peppermint extract) and pudding alternately into parfait glasses. Makes 5 servings.

RASPBERRY DESSERT
McLarens Limited

1 package McLarens Raspberry Jelly Powder
1 pint Vanilla Freez-Easy Ice Cream Mix
Cherries
Nuts

When jelly powder sets till slightly thick add 1 pint Freez-Easy and beat. Add cherries and nuts. Pile in sherbet cups. Top with cherry and set in refrigerator to keep cool.

COFFEE FLUFF
General Foods, Limited

1 egg white
2 tablespoons sugar
1 package Jell-O Vanilla Tapioca Pudding
2 cups milk
1 egg yolk
2 teaspoons Maxwell House Instant Coffee

Beat egg white until foamy, add sugar gradually and beat until stiff. Combine pudding mix, ¼ cup of the milk, egg yolk and instant coffee. Add remaining 1¾ cups milk. Cook and stir over medium heat until mixture comes to a *full* boil and is slightly thickened. Remove from heat and pour gradually over egg white, blending thoroughly. Let stand about 15 minutes; stir just to mix. Makes 5 servings.

MIXED FRUIT SNOW
Gerber-Ogilvie Baby Foods Ltd.

1 can Gerber Vanilla Custard
3 tablespoons lemon juice
1 tablespoon icing sugar
2 egg whites, stiffly beaten
1 can Gerber Strained Mixed Fruit

Have all ingredients chilled. Combine custard pudding, lemon juice and sugar. Blend well with rotary beater. Fold in beaten egg whites. Pile into tall serving dish with alternate layers of the strained fruit. Serves 3.



MARJORY EDGE
Home Economist

WINE DANISH DESSERT CAKE ROLL
Chr. Hansen's of Canada, Ltd.

Cake Roll
4 eggs
¼ teaspoon salt
¾ cup sugar
¾ cup sifted cake flour
¾ teaspoon baking powder
1 teaspoon vanilla

Danish Dessert Filling
1½ cups cold water
¼ cup port wine
1 package "Junket" Danish Dessert
Whipped cream

CAKE ROLL

Beat eggs and salt over hot water until thick and light-colored, gradually adding sugar. Sift flour and baking powder and fold into eggs with vanilla. Pour into shallow pan, 15 x 10 inches, lined with greased waxed paper. Bake at 400 deg. F. for 12 minutes. Turn onto cloth sprinkled with powdered sugar. Tear off paper. Roll and cool.

DANISH DESSERT FILLING

Stir contents of package Danish Dessert into water. Add port wine. Bring to full boil; boil for one minute, stirring constantly. Pour into serving bowl. Sprinkle lightly with sugar while warm to keep surface moist. Let cool. Then chill in refrigerator 3 to 4 hours. Just before serving spread Danish Dessert on cake roll. Reroll cake and spread with whipped cream. Store in refrigerator.



BETTY CROCKER
Home Economist

BANANA DEVILS FOOD UPSIDE-DOWN CAKE
General Mills (Canada) Ltd.

Heat oven to 350 deg. F. (moderate). Grease and flour 1 round layer pan 8 or 9 x 1½ inches. Melt ¼ cup butter in one 8- or 9-inch-square pan. Stir in ½ cup brown sugar (packed). Arrange over butter-sugar mixture, 1½ to 2 cups sliced bananas (3 to 4 medium), about ¼ inch thick. (Too thin slices get mushy.)

Make Betty Crocker Chocolate Devils Food Cake Mix batter as directed on package. Pour ½ of batter over bananas, the rest in the layer pan. Bake upside-down cake about 35 to 45 minutes or until top springs back when touched lightly in the centre. Invert at once on serving plate. Leave pan over cake a minute so butter-sugar mixture will run down over cake. *Serve warm* with Eggnog Sauce or whipped cream. Bake other layer as directed on package.

EGGNOG SAUCE

Beat 2 egg yolks until thick and lemon-colored. Beat in ½ cup *sifted* icing sugar, 1 to 2 tablespoons rum or sherry flavoring. Fold into ½ cup whipping cream, whipped stiff.

CHECKERBOARD DESSERT
General Foods, Limited

1⅓ cups Minute Rice
3½ cups milk
½ teaspoon salt
½ cup sugar
1 teaspoon vanilla
½ cup Baker's Semi-Sweet Chocolate Chips, melted
Sweetened whipped cream
Maraschino cherries OR
Pistachio nuts

Combine rice and milk in saucepan. Bring to a boil and boil gently, loosely covered, for 15 minutes, fluffing rice occasionally with a fork. Add salt. Stir in sugar and vanilla. Place half of rice mixture in a bowl and stir in the melted chocolate chips. Thoroughly grease an 8½ x 4½ x 2½-inch loaf pan. Drop tablespoonfuls of the chocolate and vanilla rice mixtures alternately into the loaf pan making a checkerboard pattern of light and dark mixtures. The rice should be warm when placed in the pan. Make a second layer, spooning vanilla on chocolate and chocolate on vanilla squares. Firmly pack rice in pan by pressing down with back of tablespoon. Cool slightly. Cover; chill 1 hour. Then remove from pan and garnish top with whipped cream and maraschino cherries or pistachio nuts. Cut in slices to serve. Makes 10 servings.

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1. Cook 2 cups broad noodles until barely tender. Drain; rinse with hot water; drain again. Turn into buttered 2 quart size casserole.



2. In saucepan melt 2½ tbsps. butter; blend in 2 tbsps. flour, ½ tsp. salt and ¼ tsp. oregano. Add 2 cups milk; cook, stirring until smooth. Add 1 tsp. Worcestershire sauce and 1½ cups grated Cheddar Cheese.



3. Scatter tuna chunks (7 oz. can), ¼ cup diced green pepper and ¼ cup chopped green stuffed or ripe olives over the noodles.



4. Pour cheese sauce over all. Then top with ½ cup bread crumbs or crushed cereal combined with ½ cup grated cheddar. Bake in moderate oven (375°F) for 40 min. or until browned and bubbling.



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LEMON PIE

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MAGIC LEMON PIE FILLING

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1⅓ cups (15-oz. can) Eagle Brand Sweetened Condensed Milk
⅓ cup lemon juice (fresh or frozen)
1 teaspoon grated lemon rind
2 egg yolks

This real homemade pie is easy as a mix! The secret is Eagle Brand Sweetened Condensed Milk—a blend of pure milk and sugar, *already* cooked to creamy smoothness. Just combine ingredients in mixing bowl. Stir just until mixture thickens. That's all! No cooking! Pour filling into 8-inch crumb crust or cooled, baked pastry shell.

If desired, top with 2-egg-white meringue. Bake in slow oven (325° F.) about 15 minutes or until lightly browned. Cool.



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PATRICIA COLLIER
Home Economist

PINEAPPLE BETTY
Hawaiian Pineapple Co., Ltd.

6 slices bread
1½ cups drained Dole "Crisp Cut" Crushed Pineapple (No. 2 can)
¾ cup sugar
¼ teaspoon salt
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¼ cup pineapple syrup
2 tablespoons lemon juice
½ teaspoon grated lemon peel
3 tablespoons butter

Crumble two slices of bread in greased 1-quart baking dish. Cover with half of drained crushed pineapple, then sprinkle with half of sugar mixed with spices and salt. Repeat layers of bread crumbs, pineapple and sugar, and a third layer of bread crumbs. Mix pineapple syrup, lemon juice and grated peel together and pour over top. Dot with butter and bake, uncovered, in a 350-deg.-F. oven for 1 hour. Serve warm with cream. Makes 8 servings.

HAWAIIAN CHERRY CREAM
Hawaiian Pineapple Co., Ltd.

2 packages cherry-flavored gelatine
2½ cups hot water
1 cup pineapple syrup
¼ teaspoon salt
½ cup heavy cream, whipped
1 package (3 ounces) cream cheese
1½ cups drained Dole "Crisp Cut" Crushed Pineapple (No. 2 can)

Dissolve gelatine in hot water; add pineapple syrup and salt; chill until thick and syrupy. Fold in whipped cream, cream cheese (blended with ½ cup of gelatine mixture) and drained crushed pineapple. Turn into 1½-quart mold; chill until firm. Unmold; garnish with additional whipped cream, if desired. Makes 8 to 10 servings.

GOLDEN MOUNTAIN
Chr. Hansen's of Canada, Ltd.

1 package Butterscotch Hansen's Puddi-Cake Dessert Mix
⅓ cup milk
1¼ cups water
¼ cup chopped walnuts

Preheat oven to 450 deg. F. Empty larger bag of Butterscotch Hansen's Puddi-Cake Dessert Mix into a bowl and add milk. Mix about 1 minute. Mixture may be stiff and lumpy. Spoon into 5 or 6 custard cups in equal amounts. Open smaller bag of Butterscotch Hansen's Puddi-Cake and sprinkle equal amounts of contents over batter in each custard cup (about 1 rounded tablespoon each). Pour equal quantities of the water over the contents of each custard cup. *Do not stir!* Bake in 450-deg.-F. oven for 20 to 25 minutes. To serve: Loosen the cake from around the dish with a knife. Invert the contents onto a dessert plate. Sprinkle chopped walnuts over the top. Desserts may be served in the custard cups. Puddi-Cake is best served hot!

MINIT TAPIOCA APRICOT CREAM
General Foods, Limited

1 egg white
2 tablespoons sugar
1 egg yolk
2 cups apricot nectar
3 tablespoons Minit Tapioca
⅛ teaspoon salt
2 tablespoons sugar

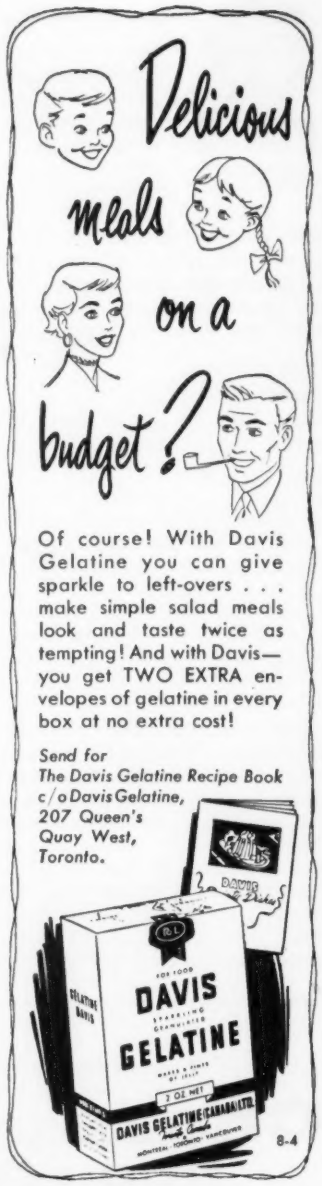
Beat the egg white until foamy. Add 2 tablespoons sugar and continue beating with egg beater until meringue stands in soft peaks. Set aside.
Mix egg yolk, apricot nectar, Minit Tapioca, salt and 2 tablespoons sugar in saucepan. Cook and stir over medium heat until mixture comes to a full boil (5 to 8 minutes). Pour a small amount of the hot mixture gradually into meringue, blending well. Quickly stir in remaining tapioca mixture. Let stand 15 to 20 minutes; stir. Serve warm or cold. Makes 4 or 5 servings.

PUMPKIN PIE
Standard Brands Limited

1¼ cups cold milk
½ teaspoon cinnamon
⅛ teaspoon nutmeg
⅛ teaspoon ginger
¼ teaspoon salt
¼ teaspoon baking soda
¾ cup pumpkin (canned solid pack)
1 package Royal Instant Butterscotch Pudding

Pour milk into a deep, 1-quart mixing bowl. Add the cinnamon, nutmeg, ginger, salt and baking soda. Beat until well mixed, about 1 minute. Add gradually, stirring to keep mixture smooth, the pumpkin and contents of Royal Instant Pudding. Beat until well mixed, about 1 minute. Turn immediately into a baked 8-inch pastry shell. Chill until firm enough to cut, about 1 hour. If desired, top with whipped cream. Makes one 8-inch pie.

PUMPKIN CREAM PIE
Substitute ¼ cup heavy cream for ¼ cup cold milk or ½ cup light cream for ½ cup cold milk.



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DESSERTS

OSTKAKA

Chr. Hansen's of Canada, Ltd.

6 "Junket" Rennet Tablets
1 tablespoon cold water
½ cup flour
½ cup sugar
3 cups milk
2 eggs
1 teaspoon lemon extract
½ teaspoon vanilla

Dissolve rennet tablets in cold water. Combine flour and sugar. Gradually add 1½ cups milk, stir until smooth. Add eggs, lemon extract and vanilla and beat well with rotary beater. Warm remainder of milk until it steams (140 deg. F.). Do not boil. Combine with first mixture. Add dissolved rennet tablets. Pour into buttered baking pan. Let stand 10 minutes until set. Bake at 375 deg. F. for 1 hour. Cool. Sprinkle with nutmeg.

PEACH CHIFFON SLICE

B.C. Fruit Processors Ltd.

CRUST

1¼ cups fine graham cracker crumbs
¼ cup sugar
½ teaspoon mace
⅓ cup melted butter

Line 2 ice-cube trays with waxed paper, brush with melted butter. Combine graham cracker crumbs, sugar and mace; combine with melted butter, mixing thoroughly. Spread evenly on sides and bottom of prepared pans. Chill until set.

FILLING

1 tablespoon plain gelatine
¼ cup cold water
2 eggs, separated
½ cup sugar
1 tablespoon lemon juice
Grated rind of ½ lemon
¼ teaspoon salt
½ cup hot Sun-Rype Apple Juice
1 tin (20 ounces) Sun-Rype Peach Pie Filling
1 tablespoon butter
1 teaspoon vanilla

Soften gelatine in cold water. Beat egg yolks until light, add ¼ cup sugar, lemon juice and rind, salt and hot Sun-Rype Apple Juice. Beat until well blended. Cook over hot water until thickened, stirring constantly. Remove from heat, add softened gelatine, stir until dissolved. Add Sun-Rype Peach Pie Filling, butter and vanilla. Cool until mixture begins to thicken.

Beat egg whites until stiff, gradually beat in remaining ¼ cup sugar, fold into cooked mixture. Turn into prepared pans, chill until firm. To serve, place one layer on top of the other. Cut in slices, garnish with whipped cream.

PARTY DESSERT

General Foods, Limited

1 cup Baker's Coconut
3 tablespoons butter
*1½ cups Post Grape-Nut Flakes or Post Sugar Crisp**
1 package Grape Jell-O
3 tablespoons sugar
1 cup hot water
½ cup grape juice
½ cup cold water
1 egg white

Sauté coconut in butter until golden brown, stirring constantly. Combine with cereal and mix well. Press half of mixture into a 9 x 9 x 2-inch pan. Cool. Dissolve Jell-O and sugar in hot water. Add grape juice and cold water and chill until slightly thickened. Add egg white and beat with egg beater until thick and fluffy. Spoon into pan. Chill about 5 minutes. Then sprinkle with remaining cereal mixture and chill until firm. *If Sugar Crisp is used, crush slightly after measuring. Makes 9 servings.

BARBECUED SPARERIBS

Prepare barbecue sauce: In a saucepan combine 2 tablespoons granulated sugar, 2 tablespoons Heinz Worcestershire Sauce, 1 tablespoon Heinz Prepared Mustard, ¾ cup Heinz Cider Vinegar, ⅓ cup Heinz Tomato Ketchup, 1 teaspoon salt, 1 teaspoon paprika, ⅛ teaspoon pepper, and 1 very finely chopped clove of garlic; cover, simmer 15 minutes. Meanwhile, place 2 pounds spareribs, rounded side up, on rack in baking pan. Bake in a hot oven (500°) 15 minutes. Reduce heat to 325°; brush both sides of ribs with sauce. Bake, uncovered, rounded side up, 1½ hours, frequently brushing top side with sauce. Place under broiler and broil slowly until bubbling and lightly browned. Cut into individual servings. Makes 4-5 servings.

(Advertisement)

RED 'n' WHITE SALAD

Combine 1½ tablespoons gelatine and ¼ cup water. Simmer 10 minutes 1 can (20 ounces) Heinz Tomato Juice, 3 slices onion, ½ bay leaf, 4 whole cloves, 4 whole allspice, ½ teaspoon salt, ¼ teaspoon sugar; strain; stir in gelatine and 2 teaspoons lemon juice; mould and chill. Combine 1 tablespoon gelatine and ¼ cup water. Heat ⅔ cup milk; stir in gelatine; cool slightly; stir in ⅔ cup cottage cheese, 3 tablespoons chopped stuffed olives, ¼ teaspoon salt, few grains pepper, ¼ cup mayonnaise. Chill until it begins to thicken; pour over set tomato jelly. Chill. Serves 8.

CHILI-GLAZED HAM LOAF

Simmer until tender, then mince, 1½ pounds lean cottage roll; add 3 cups soft bread crumbs, ¼ cup chopped onion, 1 teaspoon dry mustard, few grains cloves and pepper; combine lightly. Mix 1 beaten egg, 1 teaspoon Heinz Worcestershire Sauce and ⅓ cup milk; mix lightly into meat. Shape and place in greased shallow baking dish; drizzle with mixture of ¼ cup Heinz Chili Sauce and 2 tablespoons water. Bake, uncovered, in a moderate oven (350°), 1½ hours. Border with hot cooked rice and garnish attractively. Serves 8.

Cook with Heinz Ketchup

The "Red Magic" way to tastier eating!



Recipe:

CREOLE SAUSAGES

Fry 1 pound of sausages until nicely browned; pour off excess fat. Measure into a bowl 1 thinly-sliced onion, ¼ cup green pepper strips, ½ cup sliced celery, ¾ cup water, 1 tablespoon Heinz White Vinegar and ½ cup Heinz Tomato Ketchup; mix together, then pour over the browned sausages. Cover and simmer, about 20 minutes. Makes 4 servings.

TWO MORE "Cook with Ketchup" RECIPES

CHILI CON CARNE—Brown in a large frying pan 1 pound ground beef, 1 cup chopped onion and 1 very finely chopped clove of garlic in 1 tablespoon heated shortening. Add 2 tablespoons chili powder and 1½ teaspoons salt. Add 1 can (15 ounces) Heinz Red Kidney Beans, 2 cups water and 1 cup Heinz Tomato Ketchup. Simmer, covered, 1 hour. Makes 6 servings.

SLOPPY JOES—Melt 2 tablespoons shortening in frying pan; add 1 pound ground beef, ⅔ cup chopped onion, 1 teaspoon salt and ⅛ teaspoon pepper; cook only until meat turns very light brown, stirring occasionally. Blend 1 tablespoon flour and 1 cup water; pour into meat, mixing well. Add ½ teaspoon Heinz Worcestershire Sauce and ¾ cup Heinz Tomato Ketchup; simmer, stirring occasionally, 15-20 minutes. Serve on heated hamburger buns. Makes 10 servings.

RED MAGIC INDEED! There's no other way to describe a tomato sauce as tasty, as easy to use as Heinz Ketchup. And no wonder Heinz Ketchup tastes so delicious . . . blends so beautifully with other foods and flavours! It's a combination of specially-grown, vine-ripened, rich, red tomatoes, pure Heinz Vinegar and rare imported spices. Next time your recipe calls for tomato sauce, use Heinz Ketchup. It turns every day eats into special occasion treats.



Deliciously Different Flavour!

HEINZ Ketchup

PIES & TARTS



COTTAGE CHEESE PIE

Mil-ko Products Limited

1 9-inch graham cracker crumb pie crust
1 cup cottage cheese
2 eggs
½ teaspoon salt
⅓ cup sugar
⅓ cup liquefied Instant Mil-ko
1 envelope unflavored gelatine
¼ cup cold water
¼ cup ice cold water
¼ cup Instant Mil-ko Powder
½ teaspoon vanilla
½ cup raspberry jam

Force cottage cheese through a fine sieve. Separate yolks and whites of eggs. Beat yolks until bubbly. Add salt, sugar, Mil-ko to egg yolks. Place over boiling water and cook, stirring constantly until mixture coats a metal spoon. Sprinkle gelatine over cold water to soften. Add to egg mixture and stir until gelatine is completely dissolved. Remove from heat. Cool. Stir in cottage cheese. Beat ice cold water, Instant Mil-ko Powder and vanilla until stiff. Gently stir this mixture and stiffly beaten egg whites into gelatine-cheese mixture. Spoon into pie shell. Chill until firm. Spread with raspberry jam and garnish with Lo-Cal Topping.

Lo-Cal Topping

1 teaspoon unflavored gelatine
¼ cup ice cold water
¼ cup Instant Mil-ko Powder
1 tablespoon sugar
½ teaspoon vanilla
Pinch of salt

Sprinkle gelatine on cold water and let stand 5 minutes. Dissolve over hot water. Cool slightly. Sprinkle Mil-ko Powder over mixture, chill until slightly thickened. Beat with rotary beater until mixture holds its shape. Blend in remaining ingredients.

THREE-TONE PIE

General Foods, Limited

1 package Jell-O Chocolate Pudding and Pie Filling
4 cups milk
1 baked 9-inch pie shell
1 package Jell-O Vanilla Pudding and Pie Filling
Cocoa whipped cream

Combine chocolate pie filling mix and 2 cups milk in saucepan. Cook and stir over medium heat until mixture comes to a *full* boil. Remove from heat. Cool only about 5 minutes, stirring once or twice. Pour into pie shell. Cover surface of pudding with waxed paper. Chill 1 hour.

Then combine vanilla pie filling mix and 2 cups milk in saucepan. Cook and stir over medium heat until mixture comes to a *full* boil. Remove from heat. Cool only about 5 minutes, stirring once or twice. Remove waxed paper from surface of chocolate filling. Spread vanilla filling over the chocolate filling. Chill. Spread Cocoa Whipped Cream on top.

Cocoa Whipped Cream

Combine ½ cup whipping cream, 1 tablespoon sugar, 1 tablespoon Baker's Cocoa and dash of salt. Chill 1 hour; then beat until cream holds its shape. (Do not overbeat.)

FLORIDA TARTS

Shirriff-Horsey Corporation Ltd.

1¼ cups Horsey Canned Orange Juice
1 egg
½ cup sugar
3 tablespoons cornstarch
2 tablespoons butter
⅛ teaspoon salt
1 bag Shirriff's Pie Crust Mix

Prepare 2 dozen small tart shells according to directions on Shirriff's Pie Crust Mix package; bake; cool. Meanwhile add ¼ cup Horsey Orange Juice to one slightly beaten egg yolk, add sugar and cornstarch and mix thoroughly. Heat remaining orange juice in top of double boiler. Add egg mixture to orange juice. Cook, stirring constantly until thickened, cover and cook 5 minutes longer. Remove from heat, add butter and salt and cool. Before filling tart shells, beat one egg white until stiff but not dry; fold into filling. Fill tart shells, garnish with mint sprig.

LEMON CHIFFON PIE

Knox Gelatine (Canada) Ltd.

1 envelope unflavored gelatine
½ cup cold water
⅛ teaspoon salt
4 eggs, separated
1 can (6 ounces) frozen concentrated lemonade (less 2 tablespoons for lemon pastry)
½ cup sugar
½ cup heavy cream, whipped
Coconut
Strawberries
1 9-inch baked lemon pie shell

Sprinkle gelatine on water in top of double boiler to soften. Add salt and egg yolks; mix well. Place over boiling water and cook, stirring constantly, until mixture thickens slightly and gelatine dissolves, about 3 to 5 minutes. Remove from heat; add frozen concentrated lemonade. Chill until the mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff, but not dry. Gradually add sugar and beat until very stiff. Fold in gelatine mixture; fold in whipped cream. Turn into baked lemon pastry shell. Chill in refrigerator until firm. To serve, garnish pie with additional whipped cream and top with coconut. If desired, garnish with fresh strawberries.

Lemon Pie Shell

½ cup less 1 tablespoon homogenized shortening
1 tablespoon boiling water
2 tablespoons frozen concentrated lemonade, thawed to room temperature
1 teaspoon milk
1¼ cups sifted all-purpose flour
½ teaspoon salt
4 tablespoons chopped coconut

Put shortening in mixing bowl. Add boiling water, thawed concentrated lemonade and milk and whip with fork until all liquid is absorbed and a thick, smooth mixture is formed. Sift flour and salt onto shortening, whip and stir quickly into a dough. Pick up and work until smooth and blended; shape into a flat round. Roll between two 12-inch squares of waxed paper into a circle ⅛ inch thick. Peel off top paper, sprinkle 2 tablespoons chopped coconut over pastry, leaving about a 1-inch border plain. Recover with paper and gently roll coconut into dough. Turn pastry and paper over and repeat process, rolling in remaining coconut. Peel off top paper; place pastry in 9-inch pie pan, pastry next to pan. Remove paper, fit pastry into pan, trim ½ inch beyond pan, turn back even with edge of pan, flute rim. Prick shell all over with fork. Bake in a very hot oven (450 deg. F.) 10 to 14 minutes.

BLACK CHERRY POLKA DOT PIE

General Foods, Limited



FRANCES BARTON
Home Economist

1 package Black Cherry Jell-O
1 cup hot water
Cherry juice and water to make 1 cup
1 cup Bing cherries, drained and chopped
½ cup cold whipping cream
1 cooled baked 9-inch Quick Coconut Crust
4 cherries, sliced

Dissolve Jell-O in hot water. Add cherry juice and cold water. Chill until slightly thickened. Place bowl of Jell-O in ice and water. Beat with egg beater until fluffy and thick. Whip cream. Set aside 1 tablespoon for garnish. Fold remaining whipped cream into Jell-O. Fold in chopped cherries. Spoon into Quick Coconut Crust. Chill until firm. Before serving, arrange sliced cherries over surface of pie. Dot each cherry slice with whipped cream

Quick Coconut Crust

Spread 2 tablespoons soft butter evenly over bottom and sides of a 9-inch pie pan. Sprinkle with 1½ cups Baker's Coconut, pressing evenly into butter. Bake in slow oven (300 deg. F.) 15 to 20 minutes or until golden brown. Cool.

NEW DOMESTIC PASTRY

Canada Packers Limited

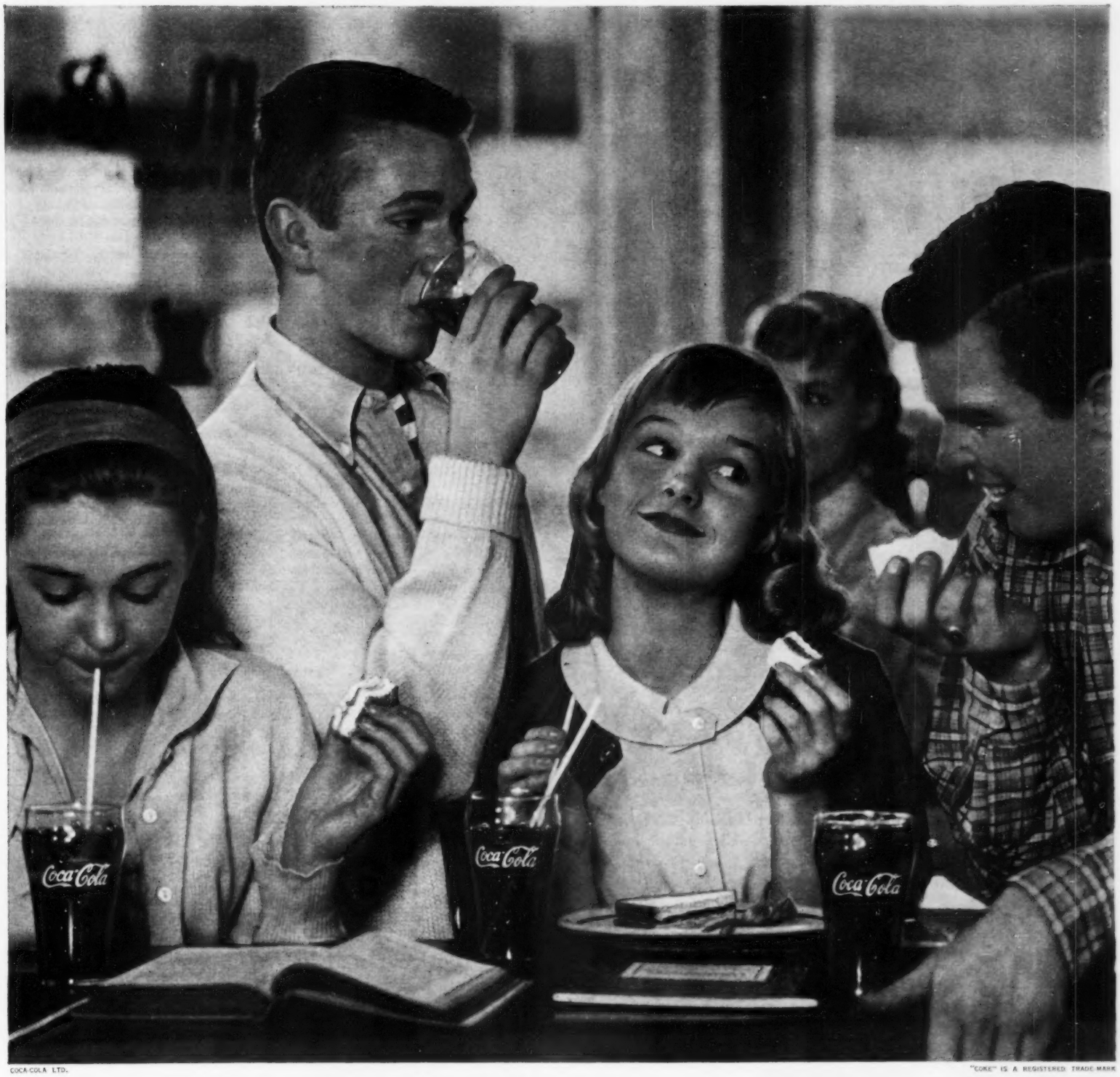
2½ cups sifted pastry flour
1 teaspoon salt
⅔ cup New Domestic Shortening
4 to 8 tablespoons cold water

Sift flour and salt together. Cut New Domestic into the flour mixture with a pastry blender or two table knives until the consistency of coarse corn meal, with a few larger pieces. Add water, a tablespoon at a time, stirring with a fork. Add only enough water to hold the pastry together. Work into a ball. Wrap in wax paper until ready to use.

Patty Shells

Roll out one half of pastry made using New Domestic recipe. Spread with ¼ cup Margene Margarine. Fold over and seal. Roll pastry ¼ inch thick. Cut with biscuit cutter into circles. Then cut smaller circle from two out of every three pastry circles. Place two narrow rings of same size on top of each round, moistening with water to make them stick. Place on baking sheet and chill in refrigerator. Bake in a hot oven (425 deg. F.) for 30 to 40 minutes, covering with brown paper after 15 minutes, to prevent excessive browning.

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6¢ package
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including
NEW LEMON!
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PRODUCT OF
GENERAL FOODS, LIMITED

PIES AND TARTS

ORANGE MINCE PI-CAKE
Robin Hood Flour Mills Limited

1 envelope (½ package) Robin Hood Flaky Pie Crust Mix
3 to 4 tablespoons cold water
1 package Robin Hood Orange Cake Mix
¾ cup water
1 egg
2 cups mincemeat

Prepare pastry according to package directions and line bottom and sides of two 8-inch layer tins, easing pastry in carefully to avoid stretching. Spread 1 cup mincemeat over bottom of each unbaked pastry shell. Prepare Orange Cake Mix according to package directions and pour half the batter into each shell. Bake at 400 deg. F. (hot oven) for 40 minutes. Serve with a garnish of whipped cream or ice cream. (One half cup of orange marmalade may be used on one cake instead of mincemeat. Serve this one cold to hungry school children.)



DOROTHY
BRITTON
Home Economist

APRICOT CREAM PIE
B.C. Fruit Processors Ltd.

1 baked 8-inch pie shell
½ cup sugar
⅛ teaspoon salt
2 tablespoons cornstarch
¾ tablespoon all-purpose flour
1½ cups (1 tin) Sun-Rype Apricot Nectar
¾ cup milk
½ teaspoon lemon juice
2 egg yolks
¾ tablespoon butter

Combine well together sugar, salt, cornstarch, and flour in a heavy saucepan. Stir in gradually Sun-Rype Apricot Nectar, milk and lemon juice. Cook over moderate heat, stirring constantly, until mixture thickens and boils. Boil one minute. Remove from heat. Stir a little of the hot mixture into egg yolks that have been beaten slightly. Return mixture to saucepan. Stirring constantly, boil for one minute. Remove from heat, blend in butter. Cool slightly. Pour into cooled baked pie shell. Top with meringue made from remaining egg whites.

SPICY RAISIN PIE WITH LEMON-APPLE MERINGUE
Carnation Company Limited

¾ cup sugar
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
½ teaspoon salt
⅓ cup cornstarch
1 large can undiluted Carnation Evaporated Milk
1 cup water
2 tablespoons vinegar
3 egg yolks
1 cup raisins
1 teaspoon vanilla
*9-inch single-crust baked cinnamon pie shell**

Combine sugar, spices, salt, cornstarch, Carnation Evaporated Milk, water, and vinegar in top of double boiler. Place over boiling water. Cook until slightly thickened (about 10 to 15 minutes), stirring occasionally. Add small amount of cooked Carnation mixture to egg yolks. Mix well. Return to remaining Carnation mixture. Add raisins and vanilla. Cook Carnation-raisin mixture over boiling water 2 to 3 minutes longer, or until thickened. Cool. Pour into cooled cinnamon pie shell. Top with Lemon-Apple Meringue.

* Add 1 teaspoon cinnamon to dry ingredients and proceed as for standard pastry recipe.

LEMON-APPLE MERINGUE

3 egg whites
⅓ cup sugar
¼ cup grated raw apple
1 tablespoon grated lemon rind

Beat egg whites until frothy. Gradually add sugar. Continue beating until egg whites will hold firm peaks. Fold in apple and lemon rind. Place meringue on cooled pie filling. Seal to edge of pie crust. Brown in moderate oven (350 deg. F.) for 10 to 15 minutes.

PEACH BUTTERSCOTCH PIE
Libby, McNeill & Libby

1 can (No. 2½ — about 3½ cups) Libby's Sliced Peaches
½ cup brown sugar
½ teaspoon salt
¼ cup flour
⅓ cup light corn syrup
1 tablespoon lemon juice
⅓ cup butter
⅛ teaspoon almond extract
Unbaked 9-inch pastry shell

Drain peaches thoroughly. Blend sugar, salt, flour, corn syrup, lemon juice and butter and cook for 1 minute. Add almond extract. Cool slightly. Arrange peaches on bottom of pastry shell and cover with the cooked mixture. Bake at 450 deg. F. for 15 minutes. Reduce temperature to 350 deg. F. and continue baking approximately 30 minutes. Cool. Garnish with sweetened whipped cream. Makes 6 servings.

PEPPERMINT CHIFFON PIE

Knox Gelatine (Canada) Ltd.

1 envelope unflavored gelatine
¼ cup cold water
3 egg whites
¼ cup sugar
1 cup heavy cream, whipped
¼ teaspoon peppermint flavoring
½ cup plus 2 tablespoons crushed peppermint stick candy
1 9-inch Chocolate Bonbon Pie Shell

Sprinkle gelatine on cold water to soften. Place over boiling water and stir until dissolved. Cool. Beat egg whites until stiff, but not dry; gradually beat in sugar. Fold in cooled dissolved gelatine. Fold in whipped cream, peppermint flavoring and ½ cup of the crushed peppermint candy. Turn into chocolate shell. Chill until firm. Before serving, sprinkle top with remaining 2 tablespoons peppermint candy.

CHOCOLATE BONBON PIE SHELL

1 6-ounce package (1 cup) semisweet chocolate morsels
2 tablespoons shortening
2 tablespoons sifted icing sugar

Line a 9-inch pie plate by pressing 12-inch-square aluminum foil on bottom, sides and over rim to assume shape of plate. Lift foil from plate, being careful to keep in shape. Place on baking sheet; sprinkle morsels evenly in foil. Place in a very slow oven (250 deg. F.) 5 minutes. Remove from oven; carefully replace foil in pie plate. Add shortening; blend together morsels and shortening with back of spoon. Add sugar. Blend again, until mixture thickens slightly, spreading over bottom and sides, and up onto rim of pie plate—covering about 1/3 of rim. Place in refrigerator 30 minutes to harden. Peel foil from chocolate; slip back into pie plate. Shell is ready for desired filling.

TREASURE TARTS

General Mills (Canada) Ltd.

2¼ cups sifted Gold Medal Flour
1 teaspoon salt
¾ cup shortening
5 to 6 tablespoons water

Heat oven to 425 deg. F. (hot). Mix flour, salt. Cut in shortening. Sprinkle with water. Mix well with fork. Round up dough. Roll thin (about ⅛ inch thick). Cut into 5-inch squares or circles. Prick with fork. Place over inverted custard cups or salad molds on baking sheet. *Bake 12 to 15 minutes.* Cool before removing from cups. Serve filled with ice cream, pudding, fruit, creamed tuna, ham or chicken, shrimp or chicken salad. Makes 12.

FOR PETITE TREASURE TARTS: Cut into 4-inch squares or circles. Makes 16.

TO FREEZE: Stack pastry squares or circles with waxed paper between. Freeze in plastic bag or in aluminum foil. When ready to bake, put frozen pastry over custard cups and bake as above.

VARIATIONS (Use ½ of the basic pastry recipe for each):

MUFFIN PEACH PIES

Roll dough into rectangle 15 x 10 inches. Cut into six 5-inch squares. Line muffin pans with pastry squares. Put 1 teaspoon of this mixture on bottom; ½ cup sugar, 2 tablespoons flour, 2 tablespoons shortening, ½ teaspoon cinnamon. Top with drained peach half. Sprinkle with remaining mixture. Fold points toward centre. Bake 20 to 25 minutes.

THUMB TARTS

Shape rounded teaspoonfuls of dough into balls. Place on baking sheet. Press down in centre with thumb, leaving raised rim. Fill centres with jam. Bake about 12 minutes. Sprinkle with icing sugar before serving. Makes 20.



They'll love you for thinking of this!



"Dennis always takes along 'Cream of Wheat' when he runs away from home!"

Pure golden honey on *hot* "Cream of Wheat." A wonderful way to take the chill off these chilly mornings. It's *delicious*. Try it!



GUARD YOUR FAMILY WITH HOT "CREAM OF WHEAT"

TRY THESE QUICK-AND-GOOD TOPPINGS ON "CREAM OF WHEAT"!

Kids Love It!

Brown sugar . . . Honey . . .
Ice Cream — any flavor . . .
Jam or jelly . . . Syrup . . .
Chocolate bits . . . Butterscotch or Chocolate sauce.

Dad Loves It!

Fresh fruits: Berries . . .
Banana slices . . . Peaches.
Apple sauce with nutmeg . . .
Raisins or currants . . .
Chopped figs or dates.

You'll Love It!

Cinnamon, sugar and butter.
Canned fruits: Apricots . . .
Peaches . . . Blueberries . . .
Fruit cocktail . . . Plums . . .
Pineapple . . . Cherries.



Slice into perfect halves at the touch of a knife

Jacob's GOLDEN-PUFF BISCUITS



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English puff pastry at its flaky best—light, crisp, ready for your favourite patty shell recipes. Truly the world's most versatile, most economical patty shell biscuit! Send for your free recipe booklet on new and intriguing ways to serve Jacob's English Biscuits. Write to Harold P. Cowan Importers Ltd., 80 Industry St., Toronto.



Or with seasonal fruit and a mound of whipped cream



Or with creamed chicken or fish

RECIPE

Steak Supreme



Blend 3 parts melted butter with 1 part Lea & Perrins. Brush lightly on steaks *before* grilling... and again right *after!* Seals in that fine beef flavour... adds the zest men love... makes it a taste thrill supreme!



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For your cooking *and your table*... the same superb sauce which, for over 125 years, has enhanced the cuisine of famous restaurants the world over!

LEA&PERRINS

THE ORIGINAL WORCESTERSHIRE SAUCE



CAKES

MAPLE FROSTING

Shirriff-Horsey Corporation Ltd.

¼ cup maple syrup
¼ cup water
1 package 7-Minit Fluffy Frosting Mix

Place maple syrup and water in a saucepan and bring to a boil. Pour immediately into small mixing bowl. Pour contents of frosting-mix package into bowl. Beat at top speed, guiding frosting into beaters, until frosting is very stiff and stands in firm peaks when beater is lifted from bowl. (Normal beating time is 5 to 7 minutes.)

Frost cooled cake or layers immediately, before frosting sets. For layer cakes, generously spread frosting on top of bottom layer. Place second layer on frosted layer and spread remaining frosting on top and sides. When serving always cut frosted cake with wet knife or fork-prong cake server.

Note: Use a standard measuring cup. Have bowl and beaters free from grease.

LEMON ANGEL ROLL

Sunkist Growers

1 package angel-food cake mix or 1 recipe for 10-inch cake
¼ teaspoon almond extract

Prepare cake according to directions. Fold in almond extract. Spread evenly in ungreased 17 x 11½ x 1-inch pan; smooth batter to edges. Bake at 350 deg. F. for 25 to 30 minutes or until cake springs back when lightly touched with finger. Invert and cool cake in pan 8 to 10 minutes. Loosen edges with wet sharp knife. Turn pan upside down on towel dusted with powdered sugar. Carefully lift away from cake. Roll in towel jelly-roll fashion. Cool on cake rack. Unroll and spread with Lemon Apricot Filling. Reroll cake. Chill at least 6 to 8 hours. Just before serving frost with whipped cream, if desired. Makes 18 to 20 servings.

LEMON APRICOT FILLING

1 envelope unflavored gelatine
¼ cup fresh lemon juice
¼ cup apricot syrup
1 cup drained, canned apricots, puréed
⅓ cup sugar
¼ cup fresh lemon juice
¼ teaspoon vanilla extract
⅛ teaspoon salt
½ cup whipping cream
½ cup powdered sugar
¼ cup slivered almonds

Soften gelatine in lemon juice. Heat apricot syrup to boiling. Add gelatine, remove from heat and stir until gelatine is dissolved. Combine with puréed apricots, sugar, lemon juice, vanilla extract and salt. Chill until slightly congealed. Beat until fluffy. Whip cream and powdered sugar. Fold whipped cream and almonds into gelatine mixture. Add yellow food coloring if desired.



RUTH ANDRE
Home Service

SPICY NUT REVEL CAKE

Pillsbury Mills, Inc.

Combine ½ cup chopped pecans, 1/3 cup firmly packed brown sugar, 2 tablespoons flour, ¾ teaspoon cinnamon and 2 tablespoons butter. Prepare Spice Cake Mix as directed on package. Turn one half of batter into well-greased and lightly floured 13 x 9-inch pan. Sprinkle with one third of the cinnamon-nut mixture. Drizzle remaining batter evenly over the batter and topping in pan. Sprinkle with remaining cinnamon-nut mixture. Bake at 375 deg. F. for 30 to 35 minutes. While hot, drizzle with Cinnamon Icing.

CINNAMON ICING

Combine 1 cup sifted confectioners' sugar, ¼ teaspoon cinnamon, ¼ teaspoon vanilla and 3 tablespoons cream. If necessary add more cream, a few drops at a time, until of a medium pouring consistency.

HONEY PUMPKIN LOAF

Canadian Canners Limited

½ cup butter
½ cup sugar
½ cup honey
1 cup Aylmer Pumpkin
2 cups sifted all-purpose flour
1 teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon salt
½ cup chopped walnuts
1 cup chopped dates

Cream together butter, sugar and honey. Add pumpkin and mix well. Sift dry ingredients and stir in nuts and dates. Carefully combine with pumpkin and sugar mixture. Do not overmix. Turn into greased 9 x 4-inch loaf pan and bake at 325 deg. F. for approximately 60 minutes or until baked.



LITTLE TOMMY TUCKER
sings for his supper.
What shall it be?
Brown bread and butter?
"No," says Tom. "That's for rookies.
Stars like me want
CHIPITS cookies!"
If you want to be
your family's "star"
Put CHIPITS cookies
in the cookie jar!



DON'T SAY CHOCOLATE CHIPS SAY Chipits

YOUR SHOPPING LIST

to help you buy your famous brands for Chatelaine's famous recipes is on

Page 94

6 INDIVIDUAL CAKES



READY TO HEAT FOR A MEAL IN A MINUTE

Connors OF Course!

CONNORS BROS. LIMITED
Black's Harbour, N. B.

SEND FOR FREE RECIPE BOOKLET

SUGAR CRUMB CAKE

Standard Brands Limited

4 tablespoons Blue Bonnet Margarine
⅓ cup granulated sugar
1 egg, unbeaten
1½ cups sifted all-purpose flour
2 teaspoons Magic Baking Powder
¾ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
⅔ cup milk
¾ cup fine enriched bread crumbs
1 tablespoon melted Blue Bonnet Margarine
3 tablespoons brown sugar
1 tablespoon Chase & Sanborn Instant Coffee

Grease one 8 x 8 x 2-inch pan. Preheat oven to 400 deg. F. (hot). Cream margarine. Blend in granulated sugar, creaming until light and fluffy. Blend in unbeaten egg. Sift together twice the flour, baking powder, salt, cinnamon and nutmeg. Blend into creamed mixture alternately with milk. Pour batter into prepared pan. Combine remaining ingredients and sprinkle over batter. Bake in preheated oven 20 minutes. Turn out on rack to cool, or serve warm.

CHOCOLATE CAKE

Canada Packers Limited

3 to 4 squares unsweetened chocolate
⅔ cup boiling water
1¾ cups sifted cake flour
1½ teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
1¼ cups granulated sugar
⅔ cup New Domestic Shortening
½ cup sour milk or buttermilk
2 Maple Leaf Eggs
1 teaspoon vanilla

Melt chocolate over hot water; stir in boiling water until smooth. Sift together flour, baking powder, baking soda, salt and sugar. Add New Domestic and milk and beat for two minutes at medium speed of electric mixer or 300 strokes by hand. Add chocolate mixture, eggs and vanilla. Beat for another two minutes at medium speed of electric mixer or another 300 strokes by hand. Pour into two 8-inch circular cake pans, greased and lined with wax paper. Bake in a moderate oven (350 deg. F.) for 25 to 30 minutes, or until cake tests done.

MIX-EASY HONEY FUDGE CAKE

General Foods, Limited

Preparation: Have shortening at room temperature. Line bottom of 8 x 8 x 2-inch pan with paper. Start oven for slow heat (325 deg. F.). Sift flour once before measuring.

Measure into sifter:

1½ cups sifted Swans Down Cake Flour
1 teaspoon soda
½ teaspoon salt

Measure into mixing bowl:

⅓ cup shortening

Mix in small bowl:

¾ cup honey
½ cup water
1 teaspoon vanilla

Have ready:

1 egg, unbeaten
1½ squares Baker's Unsweetened Chocolate, melted

Mixing method: (Mix by hand or in electric mixer. Count only actual beating time or beating strokes. Scrape bowl and beaters or spoon often.) Stir shortening just to soften. Sift in dry ingredients. Add ¾ cup of the liquid. Mix until all flour is dampened. Then *beat 2 minutes* at a low speed of electric mixer or 300 vigorous strokes by hand. Add remaining liquid, egg, melted chocolate and *beat 1 minute* in mixer or 150 strokes. Bake in slow oven (325 deg. F.) 45 minutes or until done.

Seconds to Prepare

and they'll be back for "seconds"

You bet they will! Mmmmm! How kids love
those tender, tasty wieners made the skinless way.

VISKING LIMITED, LINDSAY, ONTARIO



Try this SKINLESS WIENER Taste Treat



SKINLESS WIENER MIXED GRILL

2 large tomatoes
1 tablespoon butter
6 SKINLESS WIENERS
6 eggs
6 tablespoons milk
½ teaspoon salt

Cut tomatoes in half, crosswise place in shallow pan, dot with butter, and sprinkle with salt. Broil for three or four minutes until tomato begins to soften. Remove from broiler and cover with wieners cut in ½ to ¾ inch pieces. Again place under broiler until wieners are slightly browned. Beat eggs slightly with milk and salt, and scramble in butter. Arrange tomatoes and wieners in center of hot platter and place scrambled eggs around them. Yield: 4 servings.

bringing up baby

Hints Collected by Mrs. Dan Gerber, Mother of five



Wise observation from a proud new grandmother: "Times certainly have changed where baby feeding is concerned. These days we know so much more about the need for vitamins, minerals, proteins and the like, it's small wonder our modern babies blossom as they do. But one thing hasn't changed a whit. A baby's need for love. Just as important as nourishing food is plain old-fashioned mother love. May not show up in inches and ounces, but it sure makes a baby grow and glow inside."



Nutrition notation. Speaking of vitamins and minerals, did you know that Gerber Strained Foods are specially pressure-processed to preserve vital food values and the *naturally* good true flavors so often lost in home cooking? (Cooking in the absence of air does it.) And Gerber offers you a far wider variety than you could prepare economically at home. Over 39 Strained Fruits, Vegetables, Soups, Meats and Desserts—more ways to satisfy little appetites than you can shake a spoon at. All pureed to a good-feeling smoothness, and mildly seasoned to suit unsophisticated taste buds.

2 fruit-ful ideas for you. Borrow some of baby's strained peaches, plums or pears:

1. **For breakfast** — spoon generously on waffles, pancakes or hot cereal.
2. **For lunch** — blend 2 tablespoons of any Gerber Strained Fruit with peanut butter or cream cheese. Tempting on whole-wheat bread or toast.

Lotion notion. A column-reading mother writes: "I toss baby's plastic lotion bottle right into the bath with her. Warms the lotion just enough to make it feel extra-pleasant."



Variety makes for a happy taste of affairs where small fry are concerned. Gerber cereals provide five good tasting ways to stimulate mealtime zeal . . . Rice, Barley, Oatmeal, Wheat and Mixed Cereal are all precooked for easy digestibility. All are noted for their bland but distinctive flavors.

P.S. Gerber cereals are mighty nutritious too . . . well fortified with iron, calcium and B-vitamins. All Gerber cereal packages have the handy spill-proof pouring spout.



FEATURE OF THE MONTH

A Cue for Christmas—Get your angel a Gerber Baby Doll. It's a $3.75 Value for only $2.00 and 6 Gerber labels or cereal box tops. This charming 12 in. replica of the Gerber Baby drinks, wets, cries, sits up—has movable arms and legs. Soft vinyl head and rubber body



make it completely safe. Comes with diaper, bib, bottle and oatmeal playbox.

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Gerber
BABY FOODS

NIAGARA FALLS, ONTARIO

5 CEREALS • OVER 70 STRAINED AND JUNIOR FOODS, INCLUDING MEATS



***MEAT PIE**

1 container Gerber Junior Beef or Veal

¾ cup mashed potato

Butter small casserole. Place half the mashed potato in bottom. Top with meat. Spoon remainder of potato in mounds around edge of casserole, leaving a bit of meat showing in center. Bake at (375°F) until lightly browned. Season to individual taste.



More menu ideas for one or two. Gerber's "Recipes for Toddlers" is yours for the asking. Write me, Dept. "B", Box 4027, Terminal A, Toronto.

CAKES

BUTTER CREAM FROSTING

Dairy Farmers of Canada

1 cup sugar
⅛ teaspoon cream of tartar
Dash of salt
¼ cup water
2 egg whites
1 teaspoon vanilla
⅔ cup butter

Combine sugar, cream of tartar, salt and water in a saucepan. Cook to 240 deg. F. on candy thermometer, or until a little of the syrup dropped into cold water forms a soft ball. Beat egg whites until stiff, but not dry. Add syrup slowly to egg whites, beating constantly. Add vanilla and blend. Cool. Cream butter well. Add egg-white mixture to butter, 2 or 3 tablespoons at a time, beating well after each addition. Use as filling for a 9-inch layer cake, then spread on sides and top. If desired, sprinkle top with chopped nuts, shredded coconut, crushed peanut brittle, or crushed peppermint candy. Fills and frosts a 9-inch layer cake.

Chocolate Butter Cream Frosting

To frosting, add 3 squares unsweetened chocolate, melted and cooled. Beat until well blended. Or add ½ cup chocolate syrup.

SOUTH AMERICAN LOAF CAKE

Nestlé (Canada) Ltd.

2 cups sifted flour
½ teaspoon salt
1½ teaspoons baking powder
¾ cup butter
¼ cup Nescafé
Rind of 1 orange, cut in thin strips
1½ cups light-brown sugar, firmly packed
4 eggs
¼ cup orange juice
½ cup light molasses

Sift together flour, salt and baking powder and set aside. Blend well butter, Nescafé, and orange rind cut in thin strips. Add brown sugar gradually, beating well after each addition. Beat in eggs one at a time. Add flour mixture alternately with orange juice and light molasses. Pour in waxed paper-lined pan 10 x 5 x 3 inches. Bake at 325 deg. F. for 1 hour, 15 minutes.

MOCHA GRAHAM CRACKER CAKE

Standard Brands Limited

½ cup shortening
1 cup granulated sugar
3 eggs, separated
24 graham crackers
2 teaspoons Magic Baking Powder
3 tablespoons cocoa
1 tablespoon Chase & Sanborn Instant Coffee
1 teaspoon salt
1 cup milk
1 teaspoon vanilla
½ cup chopped walnuts
1 cup whipping cream
¼ cup icing sugar
1 teaspoon Chase & Sanborn Instant Coffee

Grease two 8 x 8 x 1½-inch layer cake pans. Preheat oven to 375 deg. F. (moderately hot). In a large bowl, cream shortening until light. Gradually add granulated sugar and continue creaming until light and fluffy. Add egg yolks, blending well. With rolling pin, crush graham crackers into fine crumbs. Measure 2 cups of crumbs and blend into crumbs baking powder, cocoa, instant coffee and salt. Combine vanilla and milk and blend into creamed mixture alternately with crumb mixture. Beat egg whites until stiff. Fold into batter with chopped walnuts. Pour into prepared pans. Bake in preheated oven for 25 to 30 minutes. Turn out on wire rack to cool. Whip cream, blend in icing sugar and instant coffee. Put layers of cooled cake together with coffee-flavored whipped cream.

MERINGUE SPICE CAKE

Swift Canadian Co., Limited

Baking temperature: 325 deg. F.
Baking time: 50 to 60 min.

½ cup Jewel Shortening
1 cup brown sugar, packed
2 egg yolks
2⅔ cups sifted cake flour
1 teaspoon baking powder
¾ teaspoon baking soda
2 teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon ground cloves
½ teaspoon salt
1¼ cups sour milk or buttermilk

Cream Jewel. Add sugar and mix until fluffy. Add egg yolks, one at a time, beating well after each addition. Sift together flour, baking powder, soda, spices and salt. Add alternately with sour milk, adding flour first and last. Mix until thoroughly blended. Pour into Jewel-ed 9 x 13 x 2-inch loaf pan. Top with Brown Sugar Meringue. Bake in a slow oven.

BROWN SUGAR MERINGUE

2 egg whites
¼ teaspoon salt
1 cup brown sugar
½ cup chopped nuts

Beat egg whites with salt until stiff but not dry. Slowly beat in brown sugar; beat until smooth. Spread over batter. Sprinkle with nuts. Bake as directed.

ORIENTAL SESAME CAKE

Reckitt & Colman (Canada) Limited

2¼ cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
⅔ cup shortening
¾ teaspoon French's Almond Extract
¼ teaspoon French's Orange Extract
1½ cups sugar
⅓ cup French's Sesame Seeds, toasted
1 cup water
4 egg whites, stiffly beaten
1 cup heavy cream

Sift together cake flour, baking powder and salt. Cream shortening and extracts. Add sugar gradually, creaming until light and fluffy. Beat in sesame seeds. Add sifted dry ingredients alternately with water to creamed mixture. Fold in stiffly beaten egg whites. Pour batter into two 8-inch greased layer cake pans. Bake in moderate oven (350 deg. F.) 30 to 35 minutes. Cool. Spread Apricot Purée between layers and on top and sides of cake. Chill a half hour. Just before serving frost cake with whipped cream which has been sweetened and flavored with 1 teaspoon French's Almond Extract.

APRICOT PUREE

2 cups dried apricots
Water
½ cup sugar

Cover apricots with water and cook until apricots are mushy. Add sugar and cook 5 minutes longer, stirring constantly to prevent scorching. Water should be almost completely absorbed. Rub apricot mixture through a food mill and use purée to spread between layers and on top and sides of Oriental Sesame Cake.

LEMON POUND CAKE

The Procter & Gamble Company of Canada, Limited

⅔ cup Crisco
1¼ cups sugar
1 teaspoon grated lemon rind
1 tablespoon lemon juice
⅔ cup milk
2¼ cups sifted cake flour
1¼ teaspoons salt
1 teaspoon baking powder
3 eggs

Cream the Crisco and sugar together. Add lemon rind and juice. Add milk and dry ingredients alternately and mix thoroughly. Lastly, add the eggs one at a time, beating the mixture for one minute after each addition. Pour the mixture into a 9 x 5 x 2¾-inch pan that has been rubbed with Crisco and floured. Bake in a slow oven (325 deg. F.) for about 1 hour and 30 minutes.

LORD BALTIMORE CAKE

Purity Flour Mills Limited

1 package Purity White Cake Mix
1 tablespoon lemon juice
4 egg yolks
½ cup water

Preheat oven and prepare two layer-cake pans as indicated on cake-mix package. Pour contents of package into mixing bowl and add lemon juice, egg yolks and 2 tablespoons of water. Mix for 2 minutes, either beating thoroughly by hand or using an electric mixer at medium speed. Now add remaining water and mix as before. Follow directions on package. When cool put layers together with Lord Baltimore Filling and spread the top and sides with Mountain Cream Icing.

LORD BALTIMORE FILLING

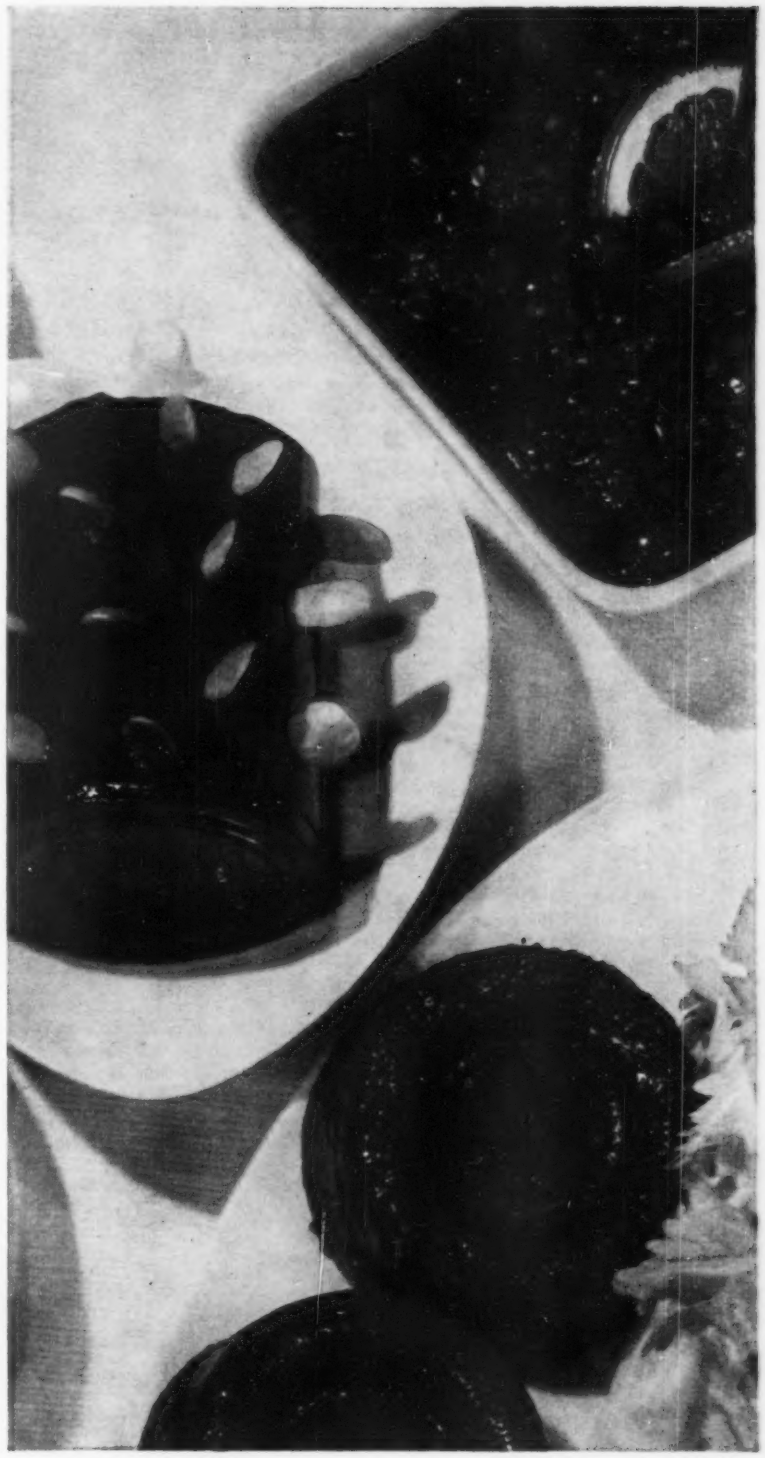
1 recipe Mountain Cream Icing
½ cup dried and rolled macaroons
¼ cup chopped pecans
¼ cup chopped almonds
12 glacé cherries, chopped
¼ teaspoon orange or lemon extract
2 teaspoons lemon juice

Fold macaroon crumbs, nuts, fruit and flavorings into icing and spread on Lord Baltimore Cake, or any other cake, if desired.

MOUNTAIN CREAM ICING

1 cup granulated sugar
⅓ cup water
⅛ teaspoon cream of tartar
1 egg white

Boil sugar, water and cream of tartar to the soft-ball stage—237 deg. F. Beat egg white until stiff and slowly add the hot syrup, beating continuously with rotary beater. Continue beating until icing is thick enough to stand up in peaks and then spread on cake.



Citrus relish. Chop into Whole Berry Sauce one whole orange, skin and all. **Porcupine.** Slide Jellied Sauce whole from can, stud with slivered almonds. **Frozen rings.** Mix Jellied Sauce with one cupful ginger ale. Freeze in molds.

3 ways to sauce a turkey

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For a holiday flavor any day — serve

Ocean Spray CRANBERRY SAUCE

COOKIES



QUICK HERMITS
General Mills (Canada) Ltd.

Make Drop Cookie dough as directed on Betty Crocker Variety Cookie Mix package, *except* add ½ teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon allspice to cookie mix before adding water and egg. Stir in ½ cup chopped nuts and 1 cup raisins. Bake as directed on package.

BROWNIE MINT STICKS
General Mills (Canada) Ltd.

Bake Betty Crocker Brownie Mix according to package directions. Use ½ cup chopped nuts. When cool, spread with Mint Filling (blend until smooth 2 tablespoons soft butter, 1 cup *sifted* icing sugar, 1 tablespoon cream, ¾ teaspoon peppermint extract). Melt 1 square unsweetened chocolate (1 ounce) and 1 tablespoon butter over low heat or hot water and pour over cool firm filling. Tilt pan so glaze covers top. Cut into sticks about 1 x 2¼ inches. Makes 28.

SPICE COOKIES
St. Lawrence Starch Company, Limited

2 cups once-sifted pastry flour
1 teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon grated nutmeg
½ cup St. Lawrence Oil
1 cup brown sugar, lightly packed
1 egg, unbeaten
2 tablespoons molasses
1 teaspoon vanilla

Measure and sift together three times the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. Measure the St. Lawrence Oil into a mixing bowl; blend in the brown sugar. Add the unbeaten egg and beat thoroughly until combined. Blend in the molasses and vanilla. Add the flour mixture to creamed mixture about one third at a time, combining well after each addition. Drop dough by spoonfuls, well apart, on lightly oiled cookie sheets. Bake in a moderate oven (350 deg. F.) about 10 minutes. Lift hot cookies onto cake coolers and store in a covered tin when cold. Makes 3 dozen crisp cookies with mild molasses flavor and an appearance similar to real gingersnaps.



JANE ASHLEY
Home Service

DATE MORSELS
The Canada Starch Company Limited

TART SHELLS
½ cup butter
½ cup brown sugar
1 egg yolk
1½ cups sifted all-purpose flour
½ cup Benson's or Canada Corn Starch

Cream butter then add sugar; cream together. Stir in egg yolk and mix until well blended. Add dry ingredients; blend well. Press into small (1¾-inch) muffin tins. Bake in moderate oven (350 deg. F.) 12 to 15 minutes or until slightly browned. Remove shells from pan.

FILLING

½ pound dates, pitted
4 cups water

Place dates in saucepan over medium heat. Add water and bring to a boil. Simmer gently until dates are soft and all excess water has boiled off. Cool; fill shells with dates.

TOPPING

2 tablespoons Crown Brand Corn Syrup
3 tablespoons Benson's or Canada Corn Starch
⅔ cup brown sugar
Few grains salt
½ cup boiling water
1 tablespoon butter
½ teaspoon vanilla

Place Crown Brand Corn Syrup in small saucepan over medium heat; bring to a boil. Combine Benson's or Canada Corn Starch, sugar and salt; add to syrup. Add boiling water gradually; stir until mixture boils and thickens, 3 to 5 minutes. Remove from heat; add butter and vanilla, then cool. Drop from teaspoon on top of each filled shell. Makes 3½ dozen.



KATE AITKEN
Home Economist

DELICIOUS NUT BARS
Lever Brothers Limited

Temperature: 350 deg. F. *Time: 40 minutes*

PART I

¼ cup Good Luck Margarine
½ cup brown sugar
1 cup sifted all-purpose flour

Cream together margarine and brown sugar; blend well. Sift in flour, stirring with fork until mixture is crumbly. Pat into oiled pan 8 x 12 inches; bake in moderate oven for 12 to 15 minutes. Watch that edges do not brown too much.

PART II

2 eggs, slightly beaten
1 cup brown sugar
1 teaspoon vanilla
1 tablespoon cornstarch
¼ teaspoon salt
½ teaspoon baking powder
1 cup shredded coconut
½ cup raisins, chopped
½ cup nuts, chopped

Mix together slightly beaten eggs, sugar and vanilla. Add remaining ingredients; mix well. Pour over partly baked shortbread foundation; return to oven and continue cooking for 25 minutes. While still warm cut in bars. Yield: 30 bars.

FROSTED DATE BALLS
Dromedary Kitchen, Nabisco Foods Limited

1¼ cups sifted all-purpose flour
¼ teaspoon salt
½ cup butter or margarine
⅓ cup sifted icing sugar
1 tablespoon milk
1 teaspoon vanilla
⅔ cup chopped Dromedary dates
½ cup chopped nuts
Icing sugar

Combine flour and salt, sift twice. Cream butter and gradually add sugar. Stir in milk and vanilla and stir in sifted flour. Blend in dates and nuts. Roll in 1-inch balls. Place about 3 inches apart on ungreased baking sheet. Bake in a 300-deg.-F. oven about 20 minutes or until set and not brown. While still warm, roll in icing sugar. Makes 3 dozen date balls.

MOLASSES GINGERSNAPS
Chisholm Co., Limited

1 cup sugar
1 cup butter
1 cup Pure Barbados Fancy Molasses
1 tablespoon ginger
1 teaspoon salt
1 beaten egg
1 teaspoon cinnamon
1 tablespoon soda dissolved in 1 tablespoon vinegar
Flour to roll

Boil sugar, molasses and butter for two minutes. When cool, add other ingredients, then flour enough to roll. Chill. Roll thin and bake on greased sheet in quick oven (450 deg. F.). If preferred, gingersnaps may be made like refrigerator cookies and sliced thinly.

CHIPITS MERINGUES
Van Kirk Chocolate Corporation Limited

2 egg whites
⅛ teaspoon salt
⅛ teaspoon cream of tartar
1 teaspoon vanilla
¾ cup white sugar
1 package Chipits
¼ cup chopped pecans or walnuts

Beat egg whites, salt, cream of tartar and vanilla till soft peaks form. Add sugar gradually and beat until peaks are stiff. Fold in Chipits and nuts. Cover cookie sheet with plain paper. Drop mixture on by teaspoons. Bake in slow oven (300 deg. F.) about 20 to 25 minutes. Yield: about two dozen.

"NO-BAKE" FUDGE COOKIES
The Ogilvie Flour Mills Co. Limited

2 cups granulated sugar
6 tablespoons cocoa
½ cup butter
½ cup milk
1 teaspoon vanilla extract
Pinch of salt
3 to 4 cups Ogilvie Minute Oats
1 cup shredded coconut
¼ cup walnuts

In a saucepan, bring the first four ingredients to a boil; take off heat and add the remaining ingredients, stirring well to blend. Drop by teaspoonfuls onto waxed paper and let set.

PEANUT BRITTLE COOKIES
The Ogilvie Flour Mills Co. Limited

1 package Ogilvie Coffee Mocha Cake Mix
¼ cup water
1 cup crushed peanut brittle

Empty contents of Coffee Mocha Cake Mix package into mixing bowl; fluff with fork. Blend in water, a little at a time, mixing well. Stir in crushed peanut brittle. Drop by teaspoonfuls onto a greased cookie sheet. Allow plenty of room on your cookie sheet for spreading. Bake in a preheated (350 deg. F.) oven for 12 to 15 minutes. Makes approximately 53 cookies. This makes a crisp cookie.

CHOCOLATE BROWNIES

St. Lawrence Starch Company, Limited

¾ cup once-sifted pastry flour
¼ teaspoon salt
¼ cup St. Lawrence Oil
1 cup fine granulated sugar
2 eggs, well beaten
2 ounces unsweetened chocolate melted over hot water
½ cup chopped walnuts
1 teaspoon vanilla

Measure and sift together twice, the flour and salt. Measure the St. Lawrence Oil into a mixing bowl; blend in the granulated sugar. Add the well-beaten eggs, a little at a time, beating well after each addition. Blend in the melted chocolate and beat well with mixing spoon. Stir in walnuts and vanilla. Add flour mixture to chocolate mixture about half at a time, combining well after each addition. Turn batter into an oiled 8-inch square cake pan and spread evenly. Bake in a moderate oven, 350 deg. F., until baked but mixture still feels soft—25 to 30 minutes. Let cool in pan on cake rack. Cut in squares or fingers. Makes 3 dozen brownies.

DATE NUT DROPS

The Procter & Gamble Company of Canada, Limited

⅔ cup Fluffo
1 cup brown sugar
2 eggs
2 cups broken nut meats
2 cups seedless raisins
2 cups chopped dates
2 tablespoons orange or pineapple juice
1½ cups sifted all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
½ teaspoon baking powder
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice

Blend Fluffo and sugar, add eggs and beat well. Add nut meats, raisins and dates. Stir in fruit juice. Mix dry ingredients; add to the first mixture. Drop from a teaspoon 2 or 3 inches apart on a baking sheet which has been rubbed with Fluffo. Bake in a moderate oven (375 deg. F.) 12 to 15 minutes. Makes 4 to 5 dozen 2-inch cookies.

PEANUT BUTTER MACAROONS

McLarens Limited

2 egg whites
¼ teaspoon salt
¾ cup fruit sugar
⅓ cup McLarens Peanut Butter
2 cups corn flakes

Beat egg whites and salt until almost stiff; add sugar gradually, beat in thoroughly. Add peanut butter and corn flakes. Drop by spoonfuls on buttered cookie sheet 1 inch apart and bake in oven at 325 deg. F. for 15 minutes.

SESAME PENNIES

Dairy Farmers of Canada

2½ cups sifted pastry flour
2 tablespoons baking powder
½ teaspoon salt
½ cup butter
½ cup sugar
1 egg
¼ cup milk
1 teaspoon vanilla
Sesame seeds

Sift flour with baking powder and salt. Cream butter and sugar together. Add egg and beat well. Add milk, a small amount at a time, mixing thoroughly. Add flour gradually, beating well after each addition. Add vanilla. Shape dough into a ball and refrigerate about 1 hour. Break off very small pieces of chilled dough (about the equivalent of one teaspoon) and form into tiny balls. Roll in sesame seeds. Place on ungreased cookie sheet and flatten slightly using bottom of a glass. Bake in a hot oven (450 deg. F.) for 8 to 10 minutes. Yield: 7 dozen.

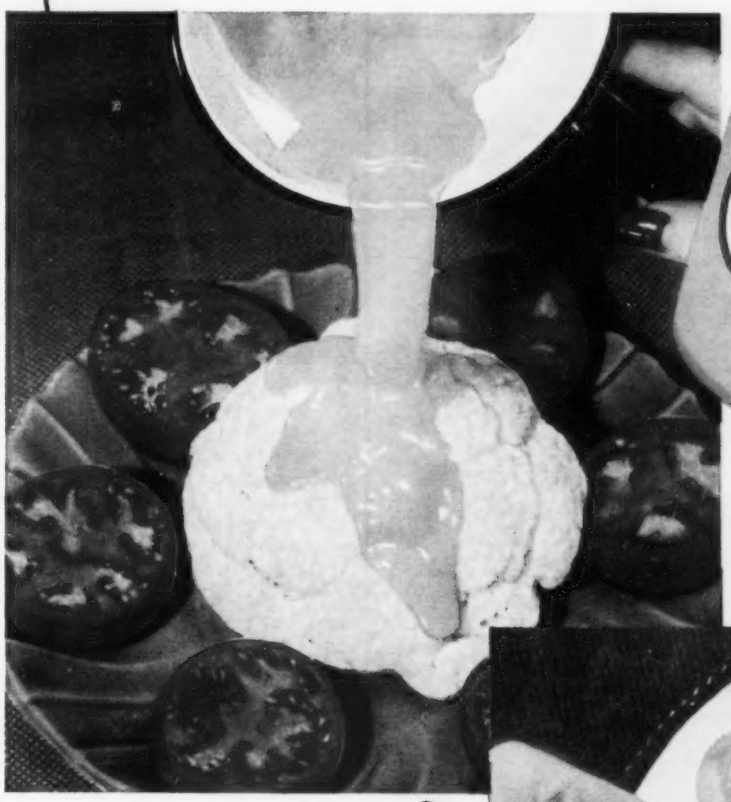
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Get grand cheese sauce jiffy-quick! A very few minutes in a saucepan over very low heat (or in a double boiler) and Cheez Whiz becomes glorious cheese sauce. Perfect for glamorizing vegetables, eggs, rice, seafood. You'll dip into that jar of golden goodness many times a week! Ask your grocer for Cheez Whiz, in the jar that Kraft has vacuum-sealed for freshness.





Use it right from the jar!
It's creamy-thick! Try the
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Pour hot Cheez Whiz over sizzling hot hamburgers. Then taste that creamy-rich cheese flavor.

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Pour hot Cheez Whiz sauce over toast triangles. Top with crisp bacon. Great for lunch or supper.



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Tested and Approved by Chatelaine Institute

COOKIES

PLANTERS PEANUT CLUSTERS
Planters Nut & Chocolate Co. Ltd.

1 egg
¾ cup brown sugar, firmly packed
1¼ cups all-purpose flour
½ teaspoon soda
¼ teaspoon salt
½ cup Planters Peanut Oil
2 teaspoons vanilla
1 cup Planters Cocktail Peanuts, chopped

Beat egg and blend in sugar. Sift flour, measure and sift again with soda and salt. Add to egg mixture alternately with the Planters Peanut Oil. Stir in vanilla and peanuts. Drop by teaspoons on oiled cookie sheet. Bake in a moderately hot oven (375 deg. F.) for about 7 minutes or until delicately browned. Makes about 40 cookies. Good children's snack with milk.

CHOCOLATE MERINGUES
Fry-Cadbury Ltd.

2 egg whites
1¼ cups granulated sugar
½ cup chopped walnuts
2 tablespoons Cadbury Instant Chocolate
½ teaspoon cinnamon

Beat the egg whites until they are stiff enough to form peaks and then gradually beat in the granulated sugar, a little at a time. Lightly fold in the Instant Chocolate, cinnamon and chopped walnuts. When all is blended, drop by teaspoonfuls on heavy brown paper, ungreased, and place on a baking sheet. Bake at 250 deg. F. for 1 hour or until crisp and delicately browned. These little meringues are delicious as they are, but can be made into a company dessert by putting them in pairs filled with whipped cream or use to top ice cream. Yield: 18 two-inch meringues.



SALLY HENRY
Home Economist

LEMON SUGAR COOKIES
Canada Packers Limited

2 cups sifted all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¾ cup granulated sugar
½ cup New Domestic Shortening
2 tablespoons grated lemon rind
1 Maple Leaf egg
2 tablespoons milk
½ teaspoon vanilla

Sift together the flour, baking powder, baking soda, salt, and sugar. Cut in New Domestic Shortening, using a pastry blender or two knives until the consistency of coarse corn meal. Mix lemon rind, egg, milk and vanilla, and add to the flour-shortening mixture. Stir until well blended. Roll ⅛ inch thick on lightly floured surface. Cut with floured cookie cutter. Brush with melted Margene Margarine and sprinkle with colored or plain sugar, if desired. Bake in a moderate oven (375 deg. F.) for 10 to 12 minutes. Makes 3 dozen cookies.

FUDGE OATMEAL COOKIES
The Borden Company Limited

1⅓ cups (15-ounce can) Eagle Brand Sweetened Condensed Milk
2 squares (2 ounces) unsweetened chocolate
1 tablespoon water
1 teaspoon vanilla
1½ cups rolled oats
½ cup raisins

Pour sweetened condensed milk into top of a double boiler. Add unsweetened chocolate and water. Cook over rapidly boiling water, stirring constantly until it thickens, about 8 to 10 minutes. Remove from heat, stir in vanilla, rolled oats and raisins. Allow mixture to stand for 15 minutes. Drop by teaspoon onto a greased baking sheet and bake in a moderate oven (350 deg. F.) about 10 minutes, until the cookie is firm. Remove from the oven and quickly remove the cookie from the baking sheet. This recipe makes about 30 cookies.

COCONUT OAT COOKIES
St. Lawrence Starch Company, Limited

1½ cups once-sifted pastry flour
½ teaspoon baking soda
½ teaspoon salt
⅓ cup St. Lawrence Oil
¾ cup lightly packed brown sugar
1 teaspoon vanilla
½ cup cut-up shredded coconut
1 cup rolled oats
3 tablespoons milk

Measure and sift together three times, the flour, baking soda, and salt. Measure the St. Lawrence Oil into a mixing bowl; blend in the brown sugar and vanilla. Mix in the coconut and oats. Add the flour mixture to the creamed mixture alternately with the milk, combining well after each addition. Drop dough by spoonfuls, well apart, on lightly oiled cookie sheets; press flat with a wet fork. Bake in a moderate oven, 350 deg. F. about 12 minutes. Lift hot cookies on to cake coolers and store in a covered tin when cold.

CHOCOLATE WALNUT COOKIES
Standard Brands Limited

½ cup Blue Bonnet Margarine
1 cup granulated sugar
1 egg, slightly beaten
2 squares (2 ounces) unsweetened chocolate, melted
2 tablespoons milk
1 teaspoon vanilla
½ cup chopped walnuts
2¼ cups sifted all-purpose flour
3 teaspoons Magic Baking Powder
¼ teaspoon salt
½ teaspoon cinnamon

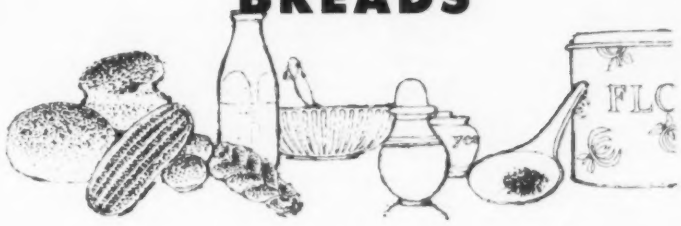
Cream margarine. Gradually blend in sugar, creaming until light and fluffy. Blend in egg and melted chocolate. Add milk, vanilla and chopped walnuts and blend thoroughly. Sift together flour, baking powder, salt and cinnamon. Gradually stir into batter, blending well after each addition. Shape dough into rolls 2 inches in diameter. Wrap in waxed paper, and chill in refrigerator for at least 2 hours. When ready to bake, cut dough with a sharp knife into slices ⅛ inch thick. Place on greased baking sheet. Bake in moderate oven preheated to 350 deg. F. for 10 minutes. Cool on wire cake rack. Makes 4 dozen cookies.

DROP COOKIES
Mead Johnson & Company of Canada, Limited

¼ cup butter or margarine
½ cup granulated sugar
1 egg
½ teaspoon vanilla
½ cup sifted all-purpose flour
2 teaspoons baking powder
Dash of salt
1 tablespoon milk
1 cup (do not pack) Pablum Oatmeal, Barley, Rice or Mixed Cereal

Cream butter and sugar, adding sugar gradually. Add egg and vanilla and mix well. Sift flour with baking powder and salt and add to batter, stir in the milk and lastly the Pablum cereal. Drop by spoonfuls on a greased cookie sheet. Bake in a 325-deg.-F. oven for 15 minutes. Yields 25 cookies.

BREADS



SUGAR BUNS
General Mills (Canada) Ltd.

2 cups Bisquick
2 tablespoons sugar
1 teaspoon nutmeg
⅛ teaspoon cinnamon
⅔ cup cream or ½ cup milk
1 egg

Heat oven to 400 deg. F. (moderately hot). Mix Bisquick, sugar, spices. Add cream, egg. Mix thoroughly. Drop dough into greased muffin cups. Fill cups half full. *Bake about 15 minutes.* While buns are baking, melt ¼ cup butter. Measure ½ cup sugar in small bowl. After buns are baked and still warm, dip first in melted butter, then into sugar, coating all sides. Serve warm. Makes 10 to 12 medium buns.

REFRIGERATOR ENGLISH MUFFINS
Standard Brands Limited

1½ cups milk, scalded
1½ tablespoons granulated sugar
1½ tablespoons Blue Bonnet Margarine
1½ teaspoons salt
½ cup lukewarm water
1 teaspoon granulated sugar
1 envelope Fleischmann's Active Dry Yeast
1 egg, lightly beaten
4 cups (approximately) sifted all-purpose flour

To scalded milk add 1½ tablespoons granulated sugar, margarine and salt. Stir until sugar is dissolved. Let stand until lukewarm. Meanwhile in ½ cup lukewarm water thoroughly dissolve 1 teaspoon granulated sugar. Sprinkle yeast on top of water. Let stand 10 minutes. Then stir well. Add egg to milk mixture. Then blend in yeast. Beat in flour. When dough is stiff enough to be easily handled, turn out onto lightly floured board and knead until smooth and elastic, about 10 minutes. Place dough in a greased bowl. Cover with a clean towel and store overnight in the refrigerator.
In the morning punch down dough. Preheat a griddle or very heavy lightly greased skillet. Break off dough by large spoonfuls and bake on hot skillet, allowing 12 minutes for each side. Serve hot with butter or margarine. Makes 12 two-inch muffins.
Note: To reheat, muffins may be split and toasted.

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• Bite into a crisp chunk of green cucumber, a piece of crunchy golden cauliflower, or a tiny white onion. *Taste* these tantalizing pickles—spiced the tempting way only Rose Brand knows! When you're shopping, pick up a large jar of juicy, *crisp* Rose Brand Sweet Mixed Pickles.





• June-red, luscious and mouth-watering, with lots and lots of plump, juicy, *whole* berries . . . Rose Brand Pure Strawberry Jam!



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how to make your hamburger tastier!



by Arthur Godfrey



"Take it from the old Red-head, you can make hamburger tastier in three shakes", says Arthur. "Yep, a few liberal shakes of Ac'cent will bring out all the rich meat flavor."

Ac'cent is the famous brand name for pure monosodium glutamate—well-known for its wonderful effect on natural flavors. By the time foods reach your kitchen, they've lost some of that good fresh taste. Ac'cent restores it naturally...adds no other flavor. Your meats, vegetables, poultry, seafood, soups, gravies, salads all taste extra-special, and *you* get all the credit! Use Ac'cent when you use salt—it's that easy.

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*T. M., REG'D.

QUICK MOLASSES BROWN BREAD
Chisholm Co., Limited

2 cups Graham flour
2 cups white flour
1 teaspoon soda
¾ cup Pure Barbados Fancy Molasses
2 cups sour milk
Shortening, size of an egg
½ cup dates
½ cup raisins

Mix together Graham flour, white flour, soda, molasses, sour milk, and shortening. Add dates and raisins. Let stand about an hour and bake about one hour in an oven 325 deg. F.

COMMONWEALTH ROLLS
Standard Brands Limited

¼ cup shortening
1 teaspoon salt
¼ cup granulated sugar
¾ cup scalded milk
½ cup lukewarm water
1 teaspoon granulated sugar
1 envelope Fleischmann's Active Dry Yeast
1 large egg, beaten
½ teaspoon grated lemon rind
1 teaspoon mace
¼ teaspoon sage
2½ cups sifted, all-purpose flour (approximately)

Blend shortening, salt and ¼ cup sugar into scalded milk. Let stand until lukewarm. Meanwhile, in ½ cup lukewarm water thoroughly dissolve 1 teaspoon granulated sugar. Sprinkle yeast on top of water. Let stand 10 minutes. Then stir well. Blend well-stirred yeast into milk mixture. Add beaten egg, lemon rind, mace and sage. Stir until well blended. Gradually beat in flour. Turn onto a floured board and knead until light, about 2 minutes. Place in a greased bowl. Cover lightly with a clean cloth and let rise in a warm place free from draft for about 1¾ hours or until doubled in bulk.

Meanwhile, grease 24 small muffin pans, approximately 1½ inches in diameter. Punch down dough and pull sides into centre. Turn onto a lightly floured board and knead until smooth, about 2 minutes. Break off pieces of dough about the size of a walnut. Without smoothing or rounding dough, place in prepared muffin pans. Each pan should be about 2/3 filled with dough. Cover with a clean towel and let rise in a warm place free from draft for about 30 minutes or until doubled in bulk. Meanwhile, preheat oven to 400 deg. F. (hot). Bake risen buns in preheated oven 20 to 25 minutes or until golden brown. Turn out and cool on wire rack. Makes 24 buns.

RAISIN PECAN LOAF
Purity Flour Mills Limited

1 recipe Sweet Dough
1 tablespoon melted butter
¾ cup brown sugar
1 teaspoon cinnamon
½ cup pecan nuts
½ cup raisins
¼ cup powdered sugar
1 teaspoon milk

SWEET DOUGH

1 package dry yeast
2 cups milk (scalded and cooled to lukewarm)
¼ cup sugar
¼ cup shortening
1 egg
1 teaspoon salt
5½ to 6 cups sifted Purity Enriched Flour

Soften yeast in lukewarm milk. Cream sugar and shortening and add well-beaten egg, salt and yeast and milk mixture. Add sufficient flour to make a dough soft enough to be conveniently handled, and knead until smooth. Place dough in a lightly greased bowl, cover with a damp cloth and leave in a warm place (80 to 90 deg. F.) to rise until it has doubled in bulk. When light, punch down and proceed as directed. If mixed late in the evening the covered dough may be left in a cool place (60 to 70 deg. F.) until the next morning when it is punched down, etc.

When dough is ready to use, roll it out on a slightly floured board to ½ inch thick. Spread with melted butter and sprinkle with a mixture of brown sugar and cinnamon. Roll like a jelly roll, put into a greased loaf pan and cover the top with pecans and raisins. Cover lightly with a dry towel and let rise until double in bulk. Bake in moderately hot oven (375 deg. F.) until light brown. When cool, cover the top with powdered sugar moistened with a little milk.

UPSIDE-DOWN ORANGE PUFFS
Pillsbury Mills, Inc.

Combine ½ cup sugar, 2 teaspoons grated orange rind, ¼ cup orange juice, and ¼ cup butter in saucepan; cook 5 minutes. Divide into 10 medium muffin cups.

Open 1 package Pillsbury Buttermilk Biscuits. Punch hole in centre of each biscuit; place on orange syrup in muffin cups. Bake at 425 deg. F. about 10 minutes. Cool 5 minutes. Invert pan on waxed paper. (Biscuits will fall from cups when they have cooled sufficiently.)

KITTENS' MITTENS
Maple Leaf Milling Co. Limited

½ cup lukewarm water
1 teaspoon granulated sugar
1 envelope granular yeast
1 cup milk
¼ cup butter or margarine
¼ cup granulated sugar
2 teaspoons salt
1 well-beaten egg
4 cups once-sifted Cream of the West Flour

Place lukewarm water and 1 teaspoon sugar in large mixing bowl. Stir. Sprinkle the yeast over this. Let stand 10 minutes, then stir. Scald milk, add butter or margarine, sugar and salt. Cool to lukewarm. Add egg. Add to yeast mixture. Gradually stir in approximately 4 cups sifted Cream of the West Flour to make a soft dough. Turn out on lightly floured board. Knead dough briefly until smooth and elastic. Place in greased bowl and lightly coat with butter. Cover and let rise until doubled in bulk, about 1½ hours. Punch down. Divide dough into 8 equal portions. Pat or roll each portion into a 5-inch circle. Place filling on one half of circle. Dampen edge; fold over and seal. With sharp knife make 4 slashes, evenly spaced, about 1 inch in depth. These are the "fingers." Separate each one, seal edges, turning two outer fingers toward back of mitten. Make 2 light strokes with a knife on tip of each finger. Place on baking sheets. Cover and let rise until doubled in bulk, approximately 1 hour. Bake at 400 deg. F. for 20 minutes. Remove from oven and brush with melted butter. Lightly scatter coarsely chopped walnuts over each mitten (optional). Return to oven for 5 minutes.

FILLING

¾ cup chopped dates
¾ cup raisins
1 tablespoon grated lemon rind
¼ cup granulated sugar
1 tablespoon Monarch Cake and Pastry Flour
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
¾ cup boiling water

Place all ingredients in saucepan and cook until thickened. Cool.

ONION PIN-WHEEL ROLLS
The Ogilvie Flour Mills Co., Limited

1 package Ogilvie Hot Roll Mix
2 cups chopped sweet onions
¼ cup butter
½ teaspoon salt

Measure 1¼ cups lukewarm water into mixing bowl. Add dry yeast in small envelope in Hot Roll Mix package to the warm water and stir until yeast is thoroughly dissolved. Add dry contents of package and mix until well blended. Beat hard for one minute (100 strokes). Scrape batter down from sides of bowl. Cover bowl with cloth or waxed paper and stand in warm place and let rise until double in bulk (25 to 30 minutes). Stir down dough in 20 to 30 strokes. Turn dough out on a generously floured board and roll into a rectangular shape, about 8 inches x 20 inches. Spread the dough with a mixture made this way (being sure to let it cool before spreading): Sauté chopped onions in butter until golden brown, season with salt. Roll up like a jelly roll. Cut into ¾-inch slices and place cut side up in greased muffin pans. Let them rise and then bake in a hot (400 deg. F.) preheated oven about 15 minutes.



KAY KELLOGG
Home Economist

RAISIN BRAN 'LASSES MUFFINS
Kellogg Company of Canada Limited

2 cups Kellogg's Raisin Bran Flakes
½ cup milk
¼ cup molasses
1 egg
¼ cup shortening
1 cup sifted flour
2½ teaspoons baking powder
1 teaspoon salt

Combine Raisin Bran Flakes, milk, molasses, egg and shortening and beat well. Sift together flour, baking powder and salt. Add to first mixture, stirring *only until combined*. Fill greased muffin pans 2/3 full. Bake in moderately hot oven (400 deg. F.) about 20 minutes. Makes 9 muffins, 2½ inches in diameter.

COCONUT CURLICUES
General Foods, Limited

2 tablespoons softened butter
4 tablespoons brown sugar
2 cups sifted flour
2½ teaspoons Calumet Baking Powder
¾ teaspoon salt
5 tablespoons shortening
¾ cup milk (about)
2 tablespoons softened butter
2 tablespoons brown sugar
¾ cup Baker's Coconut

Prepare muffin pans by placing ½ teaspoon butter and 1 teaspoon brown sugar in each of 12 sections of pans.

Sift flour once, measure, add baking powder and salt and sift again. Cut in shortening. Add milk and stir with fork until a soft dough is formed (about 20 strokes). Turn out on lightly floured board and knead 30 seconds. Pat or roll lightly into 12 x 9-inch rectangle about ⅛ inch thick. Spread with 2 tablespoons butter; sprinkle with 2 tablespoons brown sugar and the coconut. Roll up as for jelly roll. Cut in 1-inch slices and place in prepared muffin pans. Bake in hot oven (450 deg. F.) 12 to 15 minutes. Makes 12 curlicues.

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POT ROAST

1 tablespoon all-purpose flour
2 teaspoons salt
¼ teaspoon pepper
3 lbs. beef (chuck or rump)
1 onion, chopped
1½ tablespoon fat
2 cloves
2 cups boiling water
2 OXO cubes, or 2 teaspoons Beefy OXO

Mix flour with salt and pepper and dredge meat with mixture. Brown meat and onion in fat, add cloves and a small amount of boiling water in which the OXO cubes have been dissolved (2 teaspoons of Beefy OXO may be substituted, if desired). Cover and simmer about 3 hours, or until meat is tender, adding more water as needed. One-half hour before meat is tender, pota- desired. Serves 6.



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MISCELLANEOUS



FROZEN VEGETABLES SUPERB
Stokely-Van Camp of Canada Ltd.

1 package Frozen French-cut Green Beans
1 package Frozen Lima Beans
1 package Frozen Peas
1 cup prepared sour cream and 1 tablespoon chopped mint
OR
½ cup prepared sour cream and ½ cup tomato sauce

Cook frozen vegetables according to directions on respective packages; drain. Arrange on platter side by side in order listed. Top with mixture of sour cream and mint OR mixture of sour cream and tomato sauce. Makes 8 servings.

CORN QUICKIES
Green Giant of Canada Limited

1 can Niblets Brand Corn
1 egg, slightly beaten
4 teaspoons flour
¼ teaspoon salt
Pepper
¾ teaspoon baking powder
1 teaspoon grated onion (optional)

Add beaten egg to corn. Sift flour, salt, pepper and baking powder together. Stir into corn and egg mixture. Season with onion, if desired. Drop from spoon in small mounds on hot greased griddle. Fry until brown. Turn and brown other side. Makes 10 to 12 two-inch Quickies.

POTATO PATTIES WITH VELVEETA
Kraft Foods Limited

2 cups mashed potatoes
¼ cup milk
2 eggs, beaten
1 teaspoon grated onion
1 teaspoon finely chopped parsley
Dash of salt
Dash of pepper
Butter or Parkay Margarine
½ pound Velveeta Pasteurized Process Cheese

Combine the potatoes, milk, eggs, onion, parsley and seasonings. Shape into patties. Sauté until lightly browned on one side in a small amount of butter or margarine in a skillet. Turn, and place a slice of Velveeta on each patty. Continue heating until the Velveeta is melted. Serve hot.



SALLY ROSS
Home Economist

PREAM CREAMY GREEN BEANS
M & R Dietetic Laboratories Inc.

1 package frozen green beans
½ cup water
1 teaspoon salt
2 tablespoons Pream
1 tablespoon flour

Place green beans, water and salt in a saucepan. Cover, bring quickly to a boil, separating block with fork to hasten thawing. When water boils, reduce heat and cook until just tender—10 to 12 minutes. (After cooking add more water if necessary to make ½ cup liquid.) Combine Pream and flour and sprinkle over hot vegetables stirring and cooking over low heat until sauce thickens. Makes 4 servings.

You can cream all vegetables with this modern quick method and still get the old-fashioned richness of flavor. Just follow the recipe above. Add spices and herbs to taste.

ASPARAGUS WITH OLIVE SAUCE
Libby, McNeill & Libby

1 can (approx. 2 cups) Libby's Asparagus Cut Spears
4 slices toast
1 cup mayonnaise
½ cup sliced Libby's Stuffed Olives

Heat asparagus and arrange on the hot toast slices. Combine mayonnaise and olives and heat in double boiler. Pour over asparagus. Serves 4.

GREEN BEANS GOURMET
E. D. Smith & Sons, Limited

Mince 1 medium onion and sauté in 2 tablespoons fat. Add 1 teaspoon Lea & Perrins Worcestershire Sauce, ½ cup ketchup and ¼ cup green-bean liquid or water. Heat and combine with 2½ cups cooked green beans, drained and seasoned.

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SNACKS



ANNE MARSHALL
Home Economist

CAULIFLOWER WITH CHICKEN SAUCE
Campbell Soup Company Ltd.

1 medium cauliflower
1 can (1¼ cups) Campbell's Condensed Cream of Chicken Soup
½ cup shredded mild process cheese

Trim leaves and stem from cauliflower; place in casserole; pour soup over. Cover; bake in a moderate oven (375 deg. F.) for 45 minutes. Remove from oven and sprinkle cheese on cauliflower; bake, uncovered, 15 minutes longer. Makes 4 servings.

BROILED APPETIZER GRAPEFRUIT HALVES
Florida Citrus Commission

To prepare grapefruit halves
Cut fruit in half; remove core if desired. Cut around each section, loosening fruit from membrane. Do not cut around entire outer edge of fruit.

6 tablespoons honey
3 Florida grapefruit
¾ teaspoon cinnamon
6 fresh or frozen chicken livers
2 tablespoons butter
Parsley
Pimento

Spoon 1 tablespoon honey on each grapefruit half; sprinkle each half with ⅛ teaspoon cinnamon. Place chicken livers in aluminum foil; dot liver with butter. Place on broiler rack with grapefruit halves, 3 inches below heat. Broil 10 to 15 minutes until grapefruit is brown and heated through. Turn liver occasionally. To serve, place one liver on each grapefruit half. Garnish with pimento and a sprig of parsley. Makes 6 servings.

HONEY PECAN SLICES
Kraft Foods Limited

1 cup finely chopped salted pecans
½ cup honey
1 loaf of unsliced white bread
1 package (8 ounces) Philadelphia Brand Cream Cheese
Milk

Combine pecans and honey. Cut thin slices of bread from the entire length of the loaf and trim the crusts. Spread each slice with cream cheese which has been slightly softened with milk. Cover the cream cheese with the honey mixture. Roll up each slice, jelly-roll fashion. Wrap in waxed paper and let stand for an hour or more. When ready to serve, cut each roll into crosswise slices. Yield: 32 slices.

HOT APPETIZER PUFFS
Kraft Foods Limited

½ cup Miracle Whip Salad Dressing
2 tablespoons finely chopped onion
1 egg white, stiffly beaten
Toast rounds
Kraft Grated Parmesan Cheese
Chopped chives

Fold salad dressing and onion into beaten egg white. Season to taste. Spread on toast rounds and sprinkle each with cheese or chives. Broil until lightly browned. Yield: 30 appetizers.

MINCED HAM AND BEAN SANDWICHES
H. J. Heinz Company

1 cup finely chopped cooked ham
1 tablespoon butter or margarine
1 can (1 pound) Heinz Beans
¼ cup Heinz Fresh Cucumber Relish
4 round sandwich buns, halved, toasted

Lightly brown ham in butter in skillet. Stir in beans and relish; heat. Spoon onto toasted bun halves. Makes 8 sandwiches.
Note: ¼ cup Heinz Tomato Ketchup may be added, if desired.

SAVORY CHEESE TIDBITS
W. & R. Jacob & Co. Ltd.

Heat Jacob's Golden Puff Biscuits in oven. Split or leave whole. Pour over them Welsh Rarebit or melted cheese. Top with a little finely chopped and browned onion. Serve hot with dill pickle or gherkins.

BROILED LUNCHEON SANDWICHES
Kraft Foods Limited

1 cup applesauce
Dash of nutmeg
6 slices white bread, crusts trimmed, toasted
1 pound small link sausages, cooked
6 Kraft DeLuxe Slices Pasteurized Process Canadian Cheese

Combine applesauce and nutmeg and spread on toast. Place under the broiler until the surface is bubbly. Place 2 or 3 sausages on each sandwich and top with a slice of cheese. Broil until the cheese begins to melt. Serve hot. Yield: 6 sandwiches.



Makes waffles taste extra good

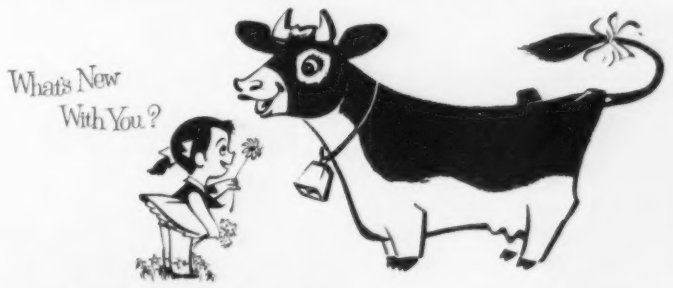


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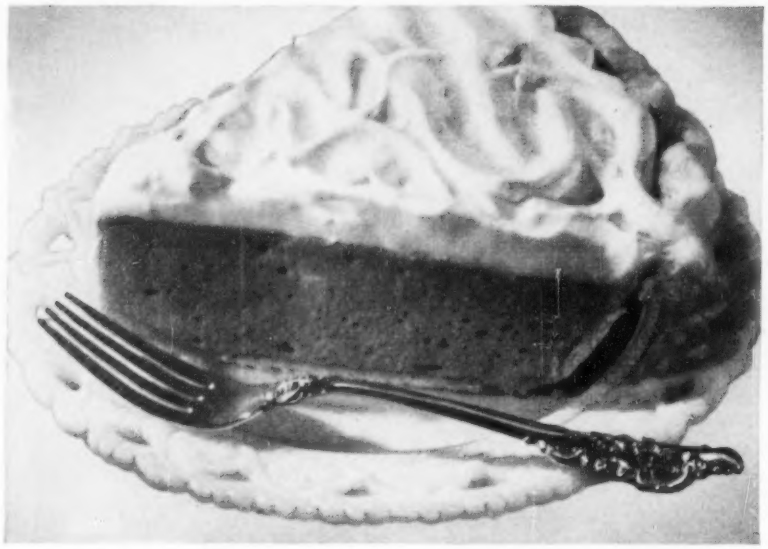
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Look for recipes in this section using instant MIL-KO.



CHOCOLATE CHIFFON PIE

SOFTEN 1 envelope KNOX GELATINE in ¼ cup cold water. Dissolve over hot water.

COMBINE and stir until smooth
6 tablespoons FRY'S COCOA
½ cup boiling water

STIR in the dissolved gelatine.

BEAT until light 4 egg yolks; ¼ cup sugar

ADD to gelatine mixture and chill until they are about to set. Beat until light.

ADD 1 teaspoon vanilla

WHIP until stiff 4 egg whites; ¼ teaspoon salt

ADD ½ cup sugar

FOLD into the chocolate mixture.

FILL a 9-inch baked pie shell. Chill thoroughly. Cover top with thinly sliced bananas and whipped cream, to taste.



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SNACKS AND SPREADS

CHEESE FROSTED CLUB SANDWICHES

Dairy Farmers of Canada

1 (small) can crab meat, salmon or tuna OR
1 cup diced, cooked chicken, veal, ham or beef
¼ cup diced celery
¼ cup mayonnaise
12 toast slices
8 thick tomato slices
8 slices Canadian processed cheese

Combine fish or meat with celery and mayonnaise. Mix lightly. Spread toast with mayonnaise. On baking sheet make 4 three-decker sandwiches using tomatoes for bottom layer and fish or meat mixture for second layer. Top each sandwich with 2 slices of cheese and cut in half diagonally. Bake in a hot oven (400 deg. F.) 7 to 10 minutes or until cheese is melted and sandwiches are golden brown. Garnish with radishes and avocado slices, if desired. Makes 4 servings.

CHOCOLATE CINNAMON TOAST

General Foods, Limited

¼ cup Jiffy
⅓ cup sugar
1 teaspoon cinnamon
Buttered hot toast

Combine Jiffy, sugar and cinnamon; mix well. Sprinkle on hot buttered toast. Serve at once. Store leftover mixture in covered jar. Makes about ½ cup topping, or enough for 30 slices of toast.

SARDINE OPEN SANDWICH

Connors Bros. Limited

1 cup creamed cottage cheese
1 teaspoon grated onion or chopped chives
1 drop Tabasco sauce
Salt and pepper
3 wiener rolls
1 can Connors sardines
Fresh tomatoes

Blend cheese, onion and seasonings. Split rolls in half but not completely through. Open flat, toast and butter. Heat cheese mixture on toasted buns. Top with 4 sardines and serve on luncheon plate. Garnish with water cress and tomato sections.

SWEET AND SAVORY SPREADS

Peek Frean (Canada) Ltd.

COTTAGE CHEESE SPREAD

1 carton (8 ounces) cottage cheese
½ cup orange marmalade
¼ teaspoon salt
½ cup chopped peanuts (optional)

Combine cottage cheese, marmalade and salt and beat thoroughly. Add peanuts, if desired, and blend. Garnish with maraschino cherries and serve on Vita Weat Biscuits. Makes about 1½ cups of spread.

BLUE CHEESE SPREAD

½ cup soft blue cheese
1 package (4 ounces) cream cheese, softened
2 teaspoons prepared mustard
¼ cup chopped dill pickle
Vita Weat Biscuits

Combine blue cheese, cream cheese and mustard and beat until creamy. Add pickle and blend. Serve on Vita Weat Biscuits and garnish with sliced stuffed olives. Makes about 1 cup of spread.

KOOL-AID JELLY

General Foods, Limited

4 cups (1¾ pounds) sugar
3 cups water
1 box Certo Crystals fruit pectin
¼ teaspoon soda
1 package Kool-Aid (any flavor)

Measure sugar and set aside. Measure water into a large saucepan, add Certo Crystals and soda, and mix well. Place over high heat and stir until mixture comes to a hard boil. Boil hard 1 minute. At once stir in sugar, then Kool-Aid. Bring to a *full rolling boil and boil hard 1 minute longer*, stirring constantly. Remove from heat and skim off foam with metal spoon. Pour quickly into glasses. Cover jelly at once with ⅛ inch hot paraffin. Store in cool place and use within 2 months. Makes about 6 medium glasses (3 pounds jelly).

CHEESE AND OLIVE SANDWICH SPREAD

McLarens Limited

1 tablespoon granulated sugar
¼ cup flour
½ teaspoon salt
½ teaspoon mustard
1 egg, slightly beaten
1 cup water
2 tablespoons butter
1 teaspoon Worcestershire sauce
2 tablespoons vinegar
3 cups grated cheese
1 cup chopped McLarens Salad Olives
½ cup chopped pimento

Combine dry ingredients. Add egg and mix well. Add water and butter. Cook together until thick and smooth. Add Worcestershire sauce and vinegar. Remove from heat, stir in cheese, olives and pimento. Pack in clean sterilized jars, cover and seal. Store in refrigerator. Makes about 2½ cups filling.

SPREADS AND SOUPS

ZESTY CRAB MEAT SPREAD
British Columbia Packers Limited

2 cans Clover Leaf Crabmeat
¼ cup green onion, chopped
½ cup chopped pickle
1 teaspoon salt
1 cup salad dressing
½ cup sour cream
¼ cup rum (optional)

Mix all together and let stand one day. Drain off excess liquid. Place in centre of bowl with crackers and toast around. Or spread on hot buns or use as sandwich filling.



EILEEN CAMPSALL
Home Economist

CUCUMBER SOUP
The Borden Company Limited

3 tablespoons flour
1½ teaspoons salt
½ teaspoon paprika
Dash of black pepper
3 cups reliquefied Instant Starlac
1 chicken bouillon cube
1 tablespoon grated onion
1 medium-size unpeeled cucumber, shredded
1 tablespoon lemon juice

Sprinkle flour, salt, paprika and pepper over reliquefied Instant Starlac in top of double boiler; beat with rotary beater until blended. Add bouillon cube, onion and cucumber. Cook over boiling water, stirring constantly, until thickened, 10 to 15 minutes. Remove from heat; gradually stir in lemon juice. Garnish each serving with finely chopped parsley. Serve hot or chilled. Makes 5 servings.

VEGETABLE SOUP, ITALIAN STYLE
Thomas J. Lipton, Limited

6 cups boiling water
½ cup diced carrots
¼ cup sliced celery
1 diced tomato
1 cup shredded cabbage
Dash of pepper
1 package Lipton Beef Noodle Soup
1 package Lipton Onion Soup
½ cup baked beans, chick peas or kidney beans
2 tablespoons chopped parsley

Pour boiling water into large saucepan. Add the vegetables; cover, and cook 20 minutes. Stir in pepper, Beef Noodle Soup and Onion Soup; cover, and simmer for 10 minutes. Then add beans or chick peas and parsley and heat thoroughly. Pass grated cheese with soup. Makes 6 servings.





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SOUPS, SAUCES, CANDIES

GOLDEN CLAM CHOWDER
Green Giant of Canada Limited

3 stalks celery
1 leek
2 large carrots
2 medium potatoes
4 cups water
1 teaspoon thyme
1 bay leaf
Salt to taste
1 teaspoon parsley
5 strips bacon
1 tablespoon flour
12 clams and clam juice (fresh or canned)
1 can (14 ounces) Niblets Brand Whole Kernel Corn
3 cups cooked or canned tomatoes

Wash and cut celery, leek, carrots, and potatoes into small pieces. Place in saucepan and cover with water. Add thyme, bay leaf, salt and parsley. Cook until vegetables are done. While vegetables are cooking, fry bacon until crisp and well done. Add one tablespoon flour and a little liquid from the vegetables to the bacon; mix well. Add to vegetables. Wash, shuck, and cut clams into small pieces. Strain clam juice. Add clams and juice to cooked vegetables. Add Niblets Brand Corn and tomatoes, and continue cooking about 10 minutes, or until clams are tender.

VENETIAN SOUP
Bovril (Canada) Limited

1 tablespoon butter
1 tablespoon all-purpose flour
½ cup cold water
1 can (20 ounces) tomatoes
¼ teaspoon thyme or basil
½ teaspoon salt
1 teaspoon granulated sugar
1 tablespoon chopped parsley
¼ teaspoon pepper
2 cups water
4 tablespoons Bovril
1 hard-cooked egg, finely chopped
1 cup fried bread cubes
¼ cup grated cheese

1. Melt butter and stir in the flour. When well mixed add ½ cup cold water, canned tomatoes, basil or thyme, salt, granulated sugar, chopped parsley and pepper. Bring to a boil. Stir and boil over medium heat for 15 minutes.
2. Add the 2 cups water, the Bovril and finely chopped hard-cooked egg. Simmer 5 minutes. Taste for seasoning. Serve each plate garnished with a few fried bread cubes and grated cheese to taste. Makes 8 servings.

MINESTRONE SOUP
Gattuso Corporation Limited

1 cup navy beans
5 cups cold water
¼ cup Gattuso Olive Oil
1 cup diced ripe tomatoes
1 cup chopped cabbage
¾ cup chopped celery
2 tablespoons chopped parsley
1 tablespoon chopped onion
1 clove garlic, minced
1 teaspoon salt
⅛ teaspoon pepper
1 cup Gattuso Macaroni Shells
¼ cup Gattuso Grated Cheese

Soak beans overnight. Drain and place in saucepan. Cover with cold water and simmer until tender. Add water if needed. Sauté tomatoes, cabbage, celery, parsley, onion, garlic, salt and pepper in olive oil. Bring to a boil and combine with cooled beans. Add macaroni shells and simmer 30 minutes. Serve with grated cheese. Delicious hot or cold.

GOOD SEASONS STEAK SAUCE
General Foods, Limited

2 tablespoons butter
½ teaspoon dry mustard
1 package Good Seasons Old-Fashioned Garlic Salad Dressing Mix
¼ teaspoon Worcestershire sauce
¾ cup chili sauce
1 tablespoon sugar
2 tablespoons lemon juice
¼ cup water

Melt butter in saucepan or chafing dish. Add mustard; stir until blended. Add remaining ingredients. Stir until mixture is thoroughly blended and smooth. Simmer 10 to 15 minutes, stirring occasionally. Serve with steak, chicken or fish. Makes 1¼ cups.

BERRY WHIP TOPPING
Stokely-Van Camp of Canada Ltd.

1 package (12 ounces) drained, thawed Frozen Strawberries or Raspberries
1 egg white
Dash of salt
¾ cup granulated sugar
Cooled cake layers or wedges

In large bowl of electric mixer, stir together all ingredients except cake, using low to medium speed. Beat about 10 minutes or until mixture stands in stiff peaks when beater is lifted. Spoon over cake and serve. Makes 8 to 10 servings.

LEMON MAPLE SYRUP FOR WAFFLES
Sunkist Growers

½ cup butter or margarine
⅔ cup sugar
⅓ cup maple syrup
2 eggs, well beaten
⅓ cup fresh lemon juice

Melt butter in double boiler; add sugar, maple syrup and well-beaten eggs. Cook over hot water 5 to 8 minutes, stirring constantly. Add lemon juice; continue stirring 3 to 4 minutes more, or until thick and smooth. Serve hot over pancakes or waffles. Serves 4 to 6.



JANET TAYLOR
Home Economist

CRANBERRY "GINGER-PEACHY" RELISH
National Cranberry Association

1 can (1 pound) Ocean Spray Whole Cranberry Sauce
1 can (8 ounces) sliced cling peaches
½ cup raisins
½ teaspoon ginger

Drain and chop peaches. Add to cranberry sauce with ginger and raisins. Chill thoroughly for flavors to blend. Makes about 1 pint.

INSTANT CHOCOLATE TOPPING
Van Kirk Chocolate Corporation Limited

Add 1/3 cup of hot water to a package of Chipits. Stir over medium heat until smooth. Pour onto ice cream, puddings, etc.

FROSTING

Allow the Chocolate Topping above to cool, then stir until stiff enough to spread on cake. Decorate with Van Kirk's Sprinklets, Chopped Nuts, or coconut.

SUGAR POPS CHOCO-MINTS
Kellogg Company of Canada Limited

1 cup (6 ounces) semisweet chocolate pieces
2 cups Kellogg's Sugar Corn Pops
½ cup chopped nut meats
½ cup chopped dates
1 drop oil of peppermint

Melt chocolate over hot but not boiling water. Add remaining ingredients; mix well. Remove from heat. Drop by teaspoonfuls onto waxed paper or buttered baking sheets. Set in cool place to harden. Makes 2½ dozen candies, 1½ inches in diameter.

GINGER NUT BALLS
McCormick's Limited

1½ cups McCormick's Miniature Marshmallows
¼ cup icing sugar
½ cup chopped almonds
¼ cup chopped pecans
¼ cup chopped preserved ginger
1½ cups graham cracker crumbs
2 squares semisweet chocolate
20 pecan halves

Melt marshmallows in top of double boiler. Remove from heat and add icing sugar, chopped almonds, chopped pecans, chopped ginger and ¾ cup of the cracker crumbs. Mix thoroughly. While this mixture is still slightly warm, form into small balls (about 1 inch in diameter) with hands. (Butter palms of hands to prevent sticking.) Roll balls in remaining ¾ cup crumbs. Allow to cool. Melt chocolate over low heat. Dip one side of each ball into chocolate and top with pecan half. Makes about 20 confections.

CHOCOLATE NUT BRITTLE
Nestlé (Canada) Ltd.

2 cups sugar
1 cup light corn syrup
½ cup water
1 teaspoon salt
2 tablespoons butter
1½ cups salted nut meats, coarsely chopped
1 package Nestlé's Semi-Sweet Chocolate Morsels
1 teaspoon vanilla

Combine and bring to boil sugar, corn syrup, water and salt. Cover and boil 2 minutes. Uncover and cook, without stirring, to 252 deg. F.—hard-ball stage. Add butter, nut meats. Cook to 300 deg. F.—hard-crack stage, stirring constantly to prevent sticking. Remove from heat. Stir in quickly Nestlé's Semi-Sweet Chocolate Morsels and vanilla. Spread thinly on 15 x 12-inch greased cookie sheet. Let stand until cool. Break into irregular pieces. Yield: about 2 pounds.

CHOCOLATE BRITTLE DROPS
General Foods, Limited

½ package (4 squares) Baker's Dot Chocolate
1½ cups (½ pound) coarsely crushed peanut brittle

Heat chocolate over hot water until partly melted. Then remove from hot water and stir rapidly until entirely melted. Add crushed peanut brittle and mix well. Drop from teaspoon on waxed paper. Cool until firm. Makes about 27 candies.

BEVERAGES

HOT MOCHA JAVA
Pan-American Coffee Bureau

4½ measuring cups hot coffee
4½ measuring cups hot cocoa

Combine equal quantities coffee and cocoa. Serve hot, but do *not* boil. Top with marshmallows. Makes 12 servings.

ORANGE-PINEAPPLE PUNCH
Libby, McNeill & Libby

½ cup sugar
1½ cups water
4 sticks cinnamon
12 cloves
5¾ cups Libby's Hawaiian Pineapple Juice
1½ cups Libby's Orange Juice
½ cup lemon juice

Combine sugar, water, cinnamon and cloves in a saucepan. Simmer for about 30 minutes. Strain. Mix with fruit juices and pour over ice. Makes about 2 quarts.

LOW-CALORIE COCOA
Fry-Cadbury Ltd.

1 cup cold water
⅓ cup powdered instant skim milk
2 to 3 tablespoons Fry's Cocoa
1 tablespoon granulated sugar
1 tablespoon powdered instant skim milk
½ cup cold water

Place in a saucepan the cup of cold water and the 1/3 cup powdered instant skim milk. Place over low heat. Mix in a cup the cocoa, sugar, 1 tablespoon powdered instant skim milk and the ½ cup cold water. When smooth add to the hot skim milk. Stir over low heat for a minute. Serve. Yield: 2 cups.

ICED TEA FLOAT
Tea Council of Canada

2 cups boiling water
3 tea bags or 4 teaspoons tea
1 cup sugar
1 cup orange juice
½ cup lemon juice
1 pint light ginger ale
Slices of lemon or lime
1 pint orange sherbet

Pour boiling water over tea; brew for 5 minutes; strain. Pour tea infusion over sugar and when sugar is dissolved add fruit juices. Strain over a large piece of ice. Just before serving add ginger ale and fruit slices. When ready to use, add 1 pint of very-well-frozen orange sherbet. Yield: 12 to 15 servings.

SPIRITED TEA PUNCH
Stokely-Van Camp of Canada Ltd.

3 cans Frozen Concentrated Lemonade, undiluted
1 can Frozen Concentrated Orange Juice, undiluted
3 quarts iced tea
¼ cup granulated sugar
7 cups water
Sherry to taste
Sliced oranges
Whole cloves

Combine fruit concentrates, iced tea, sugar and water. Stir to blend; add sherry to taste. Just before serving place in chilled punch bowl or block of ice hollowed to form a punch bowl. On top float orange slices stuck with whole cloves. Makes about 25 servings.

MOCHA MILK SHAKE
Nestlé (Canada) Ltd.

2 teaspoons Nescafé
1 tablespoon Nestlé's Quik
2 teaspoons sugar
Small amount of milk
1 scoop (approximately ½ cup) softened vanilla ice cream
Cold milk

Combine Nescafé, Nestlé's Quik, sugar and small amount of milk in a tall glass and stir until dissolved. Add scoop of ice cream and stir well. Fill with cold milk.

WESTERN BAKED BEANS

¼ lb. ground round steak
½ cup chopped onions
1 tablespoon fat, shortening or salad oil
1 teaspoon salt
Dash pepper
½ cup Heinz Tomato Ketchup
1 tablespoon Heinz Cider Vinegar
1 tablespoon Heinz Prepared Mustard
1 20-ounce can Heinz Beans in Tomato Sauce

Heat oven to 400° F. Brown steak and onions in fat in skillet. Add remaining ingredients and mix well. Turn into 1 quart casserole. Bake in moderately hot oven (400° F.) 25 minutes or until beans are hot. Makes 3 to 4 servings.

(Advertisement)

QUICK BRUNSWICK STEW

1 lb. veal steak, cut into 1" pieces
¼ cup chopped onion
¼ cup fat, shortening, or salad oil
1 No. 2 can tomatoes (2¼ cups)
1 No. 2 can whole kernel corn, drained (1¾ cups)
1 15-ounce can Heinz Beans in Tomato Sauce **or** with Pork and Tomato Sauce
1 teaspoon salt ⅛ teaspoon pepper
2 tbs. flour 3 tbs. water

In a Dutch oven or skillet brown veal and onion in fat. Add next 5 ingredients and simmer, covered, for 30 minutes, uncovered for 15 minutes. Combine flour and water. Add to veal mixture and mix well. Cook until thickened. Makes 6 servings.

CHILI CON CARNE

1 lb. ground round steak
1 medium onion, chopped
1 tablespoon fat
1 15-ounce can Heinz Red Kidney Beans with Pork
1 10-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
⅔ cup water
1 teaspoon salt
1 to 2 teaspoons chili powder
1 teaspoon Heinz White Vinegar, if desired.

Brown steak and onion in fat. Add remaining ingredients. Simmer, stirring occasionally, 10 to 15 minutes or until desired consistency is obtained. Makes 5 to 6 servings.

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HEINZ Beans 57



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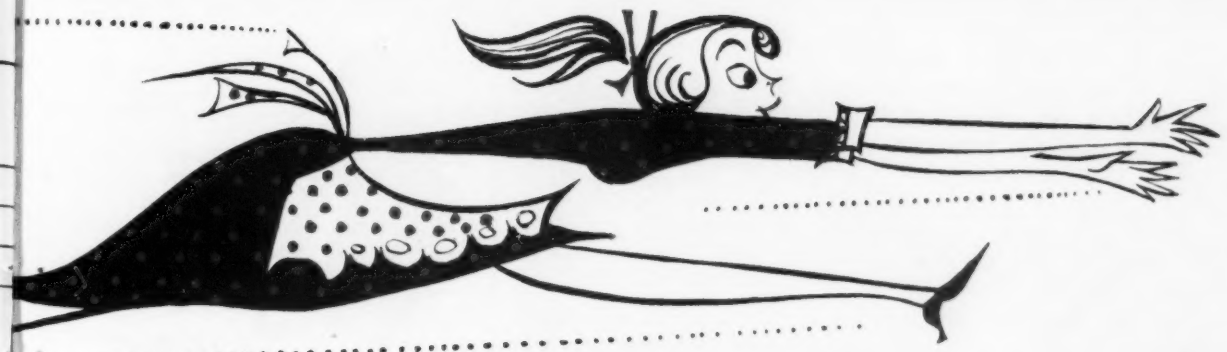
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Makers of Rubber Fruit Jar Rings Housewares and Personal Sundries

WHAT TO DO WHEN YOU'RE LONELY

Continued from page 17

then a third. Some shy people are happiest working with children, who don't demand so much of them.

What makes a person chronically lonely?

Psychologists have discovered that often there's a pattern of loneliness stretching far back into childhood. Childhood is full of lonely experiences (the first day at school, the first night away from home, the first summer at camp) and adolescence is a veritable peak of loneliness when the teen-ager clings to his own age group as his only security in a shifting world. Parents who treat their children with kindness and love during these trying times, building up their inner security and trust, make it possible for them to branch out easily into other relationships later on.

Other parents cripple their children and set their feet on the path of chronic loneliness.

Who Are the Lonely?

For instance, Phyllis Haslam, executive director of the Elizabeth Fry Society, which devotes itself to the rehabilitation of young women just out of prison, has discovered that a large number of the people she helps came from broken homes of one sort or another. Many of them were rejected children, unwanted, unloved, sent off to live in boarding schools or else allowed to roam the streets. Others were overprotected children: they were "delicate" and couldn't work like their sisters . . . or they stayed home as company to their mothers . . . or to nurse an invalid in the family. The situation is a classic one: the years passed, brothers and sisters all married, the sick one died, and the unmarried daughter finds herself free at last, but past the marrying age, and without friends or outside interests. Her one satisfaction, the feeling of usefulness that has kept her going all these years, is gone. The future stretches drearily ahead of her. "You'd be surprised how many fine women turn to alcohol out of sheer loneliness," says Miss Haslam.

There are other reasons for chronic loneliness. Accidents like being ugly or crippled or dull make it impossible for some people to relate and they turn back on themselves. Sometimes a beautiful girl born into an ordinary-looking family is set apart by her looks and grows up lonely. Similarly a homely child in a beautiful family feels distance between herself and her sisters. Bright children in dull families and dull children in bright families may grow up lonesome. Sometimes the girl who's the "born leader" of her group is forced into a lonely position by her very capacity for authority.

An American sociologist studied four hundred Lonely Hearts clubs in Canada and the United States. He found they were especially popular among the physically and socially handicapped, the very young, the very old, the untalented, the uneducated, the pock-marked, the homely, the deaf and the crippled. He visited two hundred applicants for his offer of friendship and marriage and found fewer than ten who came anywhere near expectation, with several definitely psychotic. He concludes: "These clubs exploit the romantic and sentimental drives of the elderly, the inadequate, the naïve and the gullible. Often belonging to a club and being rejected tends to depress, frustrate and confirm their painful sense of personal inadequacy."

But not all lonely people are psychologically or physically set apart from others. Many lonely people are lonely due to circumstances. A lonely woman may be a single girl, yearning for a loving husband and children. Or she may be a married woman with grown children (or no children) hungry for recognition and companionship. Or saddest of all, she may be a widow, surrounded by memories of her dead husband and the happy days gone by. Whoever she is and whatever it is she's missing, given half a chance loneliness will step in and make it worse, twisting her nature so that she becomes miserably shy, or hopelessly overaggressive, or just plain queer.

It's a known fact that the human mind becomes confused and deranged if isolated from the rest of the world. According to recent experiments in brainwashing, men lose their ability to reason if they are cut off from external stimuli for even one day. Artistic and creative geniuses like Einstein and the Brontë sisters find loneliness a creative necessity, but for most of us, too much loneliness is shattering. Babies brought up in stern clinical surroundings, lacking love and companionship, have died of loneliness. Lonely children, warped and withdrawn, wander the corridors of our mental hospitals, and the most baffling mental illness of all, schizophrenia, is characterized by the extreme loneliness of its victims. The French sociologist, Durkheim, declared that *anomie* (aloneness) was the most potent cause of self-destruction. Out of their loneliness, tormented women have turned to prostitution, drug addiction and alcoholism.

Loneliness thrives best where there's plenty of free time and an abundance of self-pity. Its natural victim is the single girl, without a man in her life, living alone in a big city where everybody else seems to be having a wonderful time.

Consider the loneliness of a spinster in her thirties whom we'll call Elizabeth Madden.

Saturday Nights Are Worst

Five nights a week Elizabeth comes home from work, cooks herself a lonely supper on a hot plate, washes her dishes and discovers that it's still only seven o'clock. The evening is young, and what on earth is she to do until bedtime? Of course she can always, provided she has the funds, go to a movie. But movies are all about beautiful girls melting into the embraces of handsome men, and she knows from experience she'll feel lonelier than ever walking home alone when it's over. She can read a book — and chances are if she likes reading she's read half the books in the lending library by now. She might drop in on some married girl friend, but married friends have husbands and babies and don't always relish uninvited guests right after dinner. Besides, the sight of a happily married woman with a family, in a home of her own, is apt to plunge her into a miserable state of envy and discontent.

Saturday nights are worst of all. Then everybody in the world seems to be strolling past her window arm in arm or climbing into late-model cars and driv-



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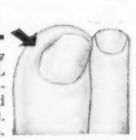
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ing off to an evening of unimagined delights. Elizabeth sits at home listlessly turning the dial on her radio and asking herself, "Why am I the only one left out? It's not fair!"

But of course she is not the only one: the world is full of lonely people. In England, for instance, the vast loneliness among unmarried office workers between the ages of twenty-five and forty has prompted forty-eight national women's organizations to undertake a two-year study to find out what's wrong and what can be done about it. Similarly, in Canada and the United States, the number of lonely men and women is phenomenal. Some unmarried women, like Elizabeth, live in dreary rented rooms. Others inhabit bachelor apartments of smart *décor* at fashionable addresses. But chances are a good many of them spend a good part of their time sitting beside their radio, as Elizabeth sits, hoping that one of these days the telephone will ring and a gruff masculine voice will urge, "Marry me."

According to psychiatrists like Dr. Cappon, there are sound biological as well as psychological reasons for a single girl to feel like this. He says, "The normal function of men and women is to find a mate and create progeny. A girl like Elizabeth is not functioning as nature intended her, so naturally she is frustrated and lonely."

Some young women, unable to face the situation, try to run away from it.



Isobel Klein of the Toronto YWCA's counseling service, who has worked with many lonely girls, recalls one of them whom we'll call Dora who had crossed Canada three times, coast to coast, by the time she was thirty. She had worked at so many different jobs she couldn't remember half of them. She knew dozens of people in dozens of cities by their first names, but she hadn't a real friend in the world. Everything bored her: clothes, movies, reading, other girls. She would take a job, stay with it for a few weeks, then resign and move on. "Dora was one of the loneliest people I ever met but she wouldn't stand still long enough to let her problems catch up with her," says Miss Klein.

Suppose our Elizabeth isn't the running-away type. She knows she is lonely, she doesn't like to live this way and she wonders what to do about it. She gets a book on How Not to be Lonely and it suggests that she should collect china, or make jewelry, or join a church group or a music-appreciation class, or play badminton, or grow African violets, or visit sick people in hospitals, or save for a trip abroad.

Facetious as these suggestions sound, there's a good chance that somewhere among them is a partial answer to Eliza-



"Glamour is my business

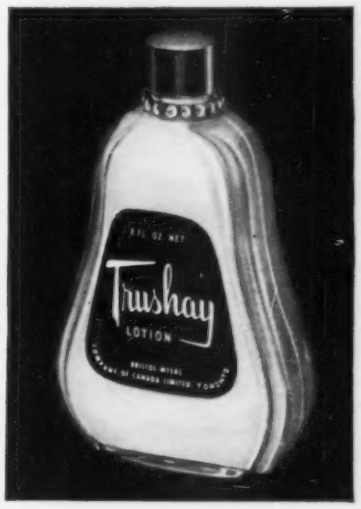
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TO PREVENT RED, ROUGH HANDS."

. . . says Dorothy Fleming, President of the Dorothy Fleming Finishing and Modelling School.

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Physical sickness can be a symptom of plain old-fashioned loneliness

beth's problem. That is, hobbies and spare-time activities do fill in leisure time, and if a girl isn't too bored or cynical she may discover a genuine lasting interest that can't help but make her a more cheerful, attractive person. As she becomes cheerful and relaxed, she cannot help but make friends, for people turn like flowers to the sun toward anyone who has something to give.

An attractive spinster in her late thirties who used to be miserably lonely recalls how she dealt with her problem. "There I was, lying across my bed on a lovely summer day, reflecting as usual on my sad, sad case, when all of a sudden I just snapped out of it! Maybe I just bored myself to death. Anyway, it dawned on me that I was getting on for thirty-five and that I'd wasted far too much of my life waiting for some man to turn up. If my job bored me and I hadn't any real friends and nobody cared if I lived or died, it was probably my own fault. Next morning I phoned around to see what volunteer outfits could use a girl like me in my spare time, and I chose the one that sounded busiest and hardest, and I've been at it ever since. Oh, I still get the odd twinge of loneliness now and again, thinking of poor me with no husband and no kids, but it passes. I've found other people who need me and like me, and curiously enough I find I need them and like them too."

Not every young woman is willing to plunge herself in unpaid volunteer work. Depending on the quality and quantity of her loneliness, it may be enough for her to find another girl friend and join up as a twosome, finding interesting things to do and places to go. Two girls can play tennis, or take up golf, or go on trips together, or just while away a lonely weekend in each other's company. One can talk and one can listen, and nothing is so bad if you can discuss it with a friend—especially one who has the same problems.

The case of the married women is somewhat more difficult to solve.

Barbara MacPherson, let's say, is a middle-aged married woman with three grown-up children, two of them married. In the early days of her marriage, snowed under by children and housework, she would have sold her soul for an hour of some spinster's free time to wash her hair or read a book or go to a movie or just take a nap in the middle of the day. Now the years have sped by, the children are seldom at home and her husband Joe has buried himself in his business. Confronted with six empty rooms and limitless free time, Barbara MacPherson is miserable and lonely. She is painfully aware that her hair is gray, that she has put on twenty pounds where it shows most, that a false plate nestles uncomfortably in her mouth and that nobody needs her.

Now is the ideal time for a woman like her, supported by her husband yet free for outside activities, to get out and get busy. Any number of charitable organizations are crying for volunteers. A healthy middle-aged woman like Barbara MacPherson has the perfect opportunity to get herself some absorbing interest, if only as insurance against the inevitable loneliness of approaching old age.

Some middle-aged women become chronic invalids through loneliness. A Montreal psychiatrist tells of a new-Canadian patient of his who came to Canada and was forced to accept a lower social position than the one she'd enjoyed in Europe. Her husband was busy at work all day and spent his evenings studying English and business methods, and her teen-age daughters soon found friends and were out most of the time. Mrs. Jensen, as we'll call her, began to get strange pains and aches all over. A doctor called in by her husband could find nothing wrong. A second doctor was similarly baffled. He referred Mrs. Jensen to a psychiatrist.

Mrs. Jensen's present doctor is convinced that her main ailment is plain old-fashioned loneliness. She is not willing to make an effort to gain friends in her new country. She is resentful over her lost prestige and social standing. It is easier to give up the struggle and be sick. Besides, being sick, she can always relate to one person—her doctor.

A different kind of loneliness, and a particularly painful kind because it is mixed with grief and feelings of guilt, is the loneliness of the third woman we've mentioned: the widow whose husband has recently died. When a wife dies even the most grief-stricken husband can usually find some solace in his work. But when a husband dies, many a wife is not only lonesome but lost. The one person who shared most closely her experiences and memories has left her all alone, and she passes out of the first grief into a loneliness that threatens to last forever.

Today's Lonely Crowd

Some women refuse to accept the situation. They keep their dead husband's possessions just as if he were away on a trip and coming home soon. They turn down invitations from well-meaning friends, telling themselves how heartless people are, how soon they forget. They sit alone evenings staring miserably at the chair where their husband used to sit, willing him back to life again.

Other women driven frantic by loneliness try to solve their problem in other ways, by persuading some relative to move in with them, or selling the house and moving to another city, or rushing into a new marriage. Sometimes they're lucky, and it works. Sometimes, because they've acted too quickly and without much thought, it doesn't work. Yet only when a widow accepts her situation, realizing that one part of her life is a closed book and the next part will be different, will her healing process begin. Her grown-up children have a responsibility and an opportunity to help her reach this crucial point as painlessly as possible.

If you have friends, if you have things to do, and you're still mysteriously lonely, don't think you're unique. A kind of cosmic loneliness is part of the world we live in. In his study of The Lonely Crowd, social scientist David Riesman



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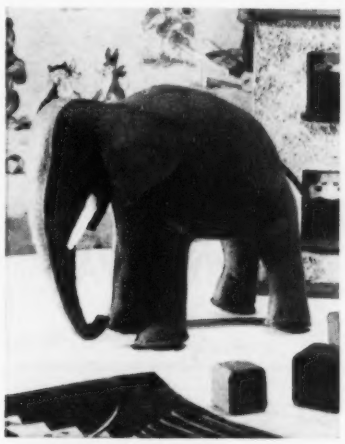
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recognizes two characteristics of Americans today: gregariousness and loneliness. We Canadians, like Americans, spend most of our lives practically on top of our neighbors. We work in crowded factories and offices all day and when day is over we hurry to crowded beaches, crowded restaurants, crowded theatres. Our houses are becoming vast open areas with picture windows staring at our neighbors' picture windows. Reticence is regarded with suspicion. When somebody recently protested in a Toronto newspaper column that there wasn't a room in his modern apartment where he could go in, shut the door and be alone, several other people enquired nervously of the editor, "What does he want to be alone *for?*"

According to Riesman, all these efforts to increase proximity are really efforts to combat our loneliness. Some of us don't even know we're lonely: it feels more like restlessness, indecision, frustration. We are aware that we live in a world of movement. Cities are expanding, families are breaking up, parents are unsure of their role, we have come not unscathed through two wars and the atom bomb is a reality. Unrest is everywhere, and we are afraid. People who think about such things say we're lonely because we're refusing to involve ourselves in the world around us, afraid to dream, to venture, to strike out and do things. We prefer to huddle together for security. Conformity is our aim. And so we patronize charm schools, enroll with Arthur Murray, take courses and try to win friends and influence people. We take pride not in our good achievements but in worldly possessions, expensive homes, and our ability to make money. Giving such a little bit of ourselves to life, it is no wonder we are still lonely and yearn for something more. ◆

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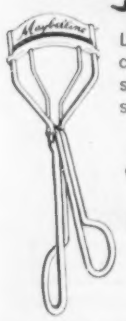
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TEEN-AGE GIRLS' BIGGEST PROBLEM

Continued from page 11

loneliness. Neither of you can stand much criticism; it is a time for tenderness, laughter and easy forgiveness.

Regard for a moment one of the various kinds of misery of adolescence. At fourteen, you may suddenly shoot up to five foot ten. You are taller than most boys your age and because of this you are in a hot agony of doubt that you will be admired by the opposite sex. In addition, you will look older than your age and you are expected to act accordingly. Adult behavior, however, is impossible for you. After all, you are only fourteen.

Whatever your physical dimensions, your ability to grapple with any of adolescence's problems will be complicated by a constant fatigue, caused by the glandular change within you coupled with a spurt of growth. This accounts for your outrageous posture, for your languid attitude toward chores and your habit, which doesn't enthrall your parents, of lying on the floor to read or talk on the telephone. For this reason I suggest that you take a less enraged view of the house rules that compel you to be in by a certain time on school nights. They are not designed to persecute you, as you seem to suspect. An early bedtime for teenagers is necessary to protect your health. You need extra rest when you are pregnant, when you are nursing, when you are in menopause—and when you're an adolescent. There's no point in bucking the system. Believe me, a doctor; it's bigger than you are.

In the midst of all the changes to your body, adolescence is going to change your personality for a few years. When you were ten, you knew for sure that you were the apple of your parents' eye. Right now you are convinced that no one loves you. You seem to see life through the distortions of an amusement-park mirror. You and your parents seem to be locked in some terrible struggle to determine who will possess you, yourself or they. Your friendships, instead of being easy and happy, are pitched to a screaming point with jealousy and oversensitivity.

Many things are happening to you these days, but most disturbing of all is the battle with your parents. You have been in the cocoon of childhood, completely protected by your parents. Now their slightest attempt to protect or advise you appears to you to be aimed at postponing the moment when your adult wings will be ready.

Consider with your sometimes real wisdom the position of your parents. They have been accustomed to helping you make your decisions and solve your problems. At a time in your life when they know, quite accurately, that you need them most, you are pushing them away. They are ravaged with concern for you because the choices you make now will bind you all your life but you resent even their interest. Give a little on this. Talk to your parents and see if they won't give a little too. You must have the freedom to make your own mistakes but permit them to define for you which mistakes are harmless, if uncomfortable, and which are irrevocably blighting.

Among the latter are surely the mistakes that young girls make with sex. A terrible emotional insecurity comes from the shock of recognizing sex. Up until adolescence boys and girls have taken little note of their gender. Suddenly, in the space of what may be a moment or months, they come upon the realization that sex is an earthshaking power. They are terrified and fascinated. They are too young to cope with it, but it fills their minds and bodies.

All teen-agers are acutely aware of the strong pulse of sex within them. I am not a person whose morals are shaped by convention, but I would sternly advise all of you to hold off much investigation of its force. You mustn't let it dominate you because this is the wrong time for it. A person's life is sorted out in airtight compartments: a time for being born, a time for dying; a time for loving and a time for learning. This is your time for learning, the only time you will get until you die. On your learning depends your knowledge and on your knowledge depends your career, your marriage, your ability to be a good mother and the wisdom that will direct your life. These years of learning are too important to be overwhelmed by passions. Put education first just now; afterward you'll have fifty years left for loving.

Some experience with sex, by and large, is a good thing. From adolescence onward it is as much a part of life as breathing and it must and will be examined by the young and curious. I doubt very much that any but a minute minority of young girls really want to experience sex in its fullest form. I therefore have some advice, some simple ground rules, on the subject of control. First of all, don't be so foolhardy as to trust yourself. You're not made of cast iron, you're flesh and warm blood. Protect yourself by making sure that you and your date are never in a location where outside influences cannot inhibit you. Empty houses and parked cars make ideal settings for disaster. The absence of your mother and father is not a license for necking. Never neck because you have nothing else to do or because you feel you have to pay for your date. Make certain that there is a good likelihood of interruption.

Some girls have such an overwhelming desire for marriage that schools seem to have little value beyond that of happy hunting ground. This is sheer shortsightedness. I have no complaint against early marriages as such but I am unalterably opposed to young girls short-changing themselves on their educations. This is one of the dangers inherent in dating steady and the other risk is that the couple may decide to marry while the boy continues his education and the girl supports them both. She is making

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FEMININE VIEW OF THE FEMALE

By Georgie Starbuck Galbraith

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a tragic mistake. I know of countless broken marriages that have resulted from such an arrangement. The girl doesn't mind the hard work of her life but the boy can't bear the load of gratitude he must carry. He finds someone else, someone with whom he can feel tall again. It's a sad story for both of them.

Unfortunately this area of adolescence and sex is the one in which parents feel the most anxiety and children the most withdrawal. You teen-agers chat glibly with your mothers about superficialities and keep nine tenths of yourselves under water, like icebergs. When asked, "How was the party, dear?" you recite a roll call of who was there and throw in a few details about what someone wore or the food. You don't answer the questions that were really asked: "Were you comfortable? Are your manners and training adequate to get you through all situations? Did you have any trouble in the back seat after the party?" If you and your mother have never been friends, you'll never answer those unspoken questions. If you have been pals in the past, for the sake of the old relationship reassure her. She's been all-important to you for most of your life; it's hard for her to find herself so abruptly a spectator.

Adolescence is a state that must run its course. In the end you're going to have much the same values and principles that you had as a child. You'll have tested them, kicked them and lost them entirely during the process of growing up but, if they were worthy, they'll return healthier and more durable than ever.

Another low blow that parents have to endure is that teen-agers seek guidance all right, but they never go to their parents. Getting help from mother is a mark of immaturity in an adolescent's book; getting help from an outsider has the stamp of adulthood. You get your help from a teacher, an aunt or even a fond neighbor. (Boys go to a YMCA counselor or their football coach.) You hold long and earnest conversations, revealing a labyrinth of intrigue and examining inferences and intentions with the insight of the hypersensitive. Be careful that you are not exchanging the domination of your parents for the domination of a stranger. Some adults can't resist the temptation to play Svengali with young people.

Another learning process dear to your hearts is the ceaseless exchange of experiences and confidences with people your own age. Like a group of suburban mothers pooling their information about the treatment of measles, you're charting your way through adolescence. Every day you pick up a new piece of information, a new clue to eventually solve the mystery of becoming mature.

During all this self-preoccupation, you can't bear to be different. Your mother hates this conformity but she's discovered it's a waste of money to buy you Bermuda shorts if the rest of the gang is wearing khaki jeans. Your present desire to dress like your friends won't be a life-long fixation—the thought that is alarming your mother—but right now it is a real necessity.

This urge for conformity includes your parents. You want them to be exactly like everyone else's parents, which is unfair. You cringe when your mother laughs too loudly and wince when your father cuts the front lawn in shorts. Your mother never looks right to you: either she dresses too casually or too ornately; her hair style is awful; her figure disgusts you. Kindly remember, young lady, that she looked pretty marvelous to you the time she sat up all night when you were eight and nursed you through pneumonia. Try to realize that she will look pretty wonderful again when you've had a fight with your husband and your pride needs patching. Right now you feel she's a hazard to your development. It's her presence that annoys you, not her general appearance. If she's wise, she'll wait you out patiently and put up with your criticism. Some parents fight back with humor, which is the best weapon.

"Goodness!" one girl shrieked at her mother, a patient of mine. "Your hair is full of grey!"

"Thank heavens you noticed it," replied her mother imperturbably. "I was afraid you were color-blind."

A father I know was chuckling over his own wit just the other day. His son had accused him of letting himself become flabby, unlike the man next door who exercised regularly.

"Lying in this position," the father told him loftily, "I am able to devote all my strength to keeping my brain limber so that I can deal with my upstart children."

Take it easy on your parents, girls. You're going to find them remarkably improved in a few years.

One of the major wars between adolescents and their parents, as I mentioned earlier, is rules. You argue tirelessly



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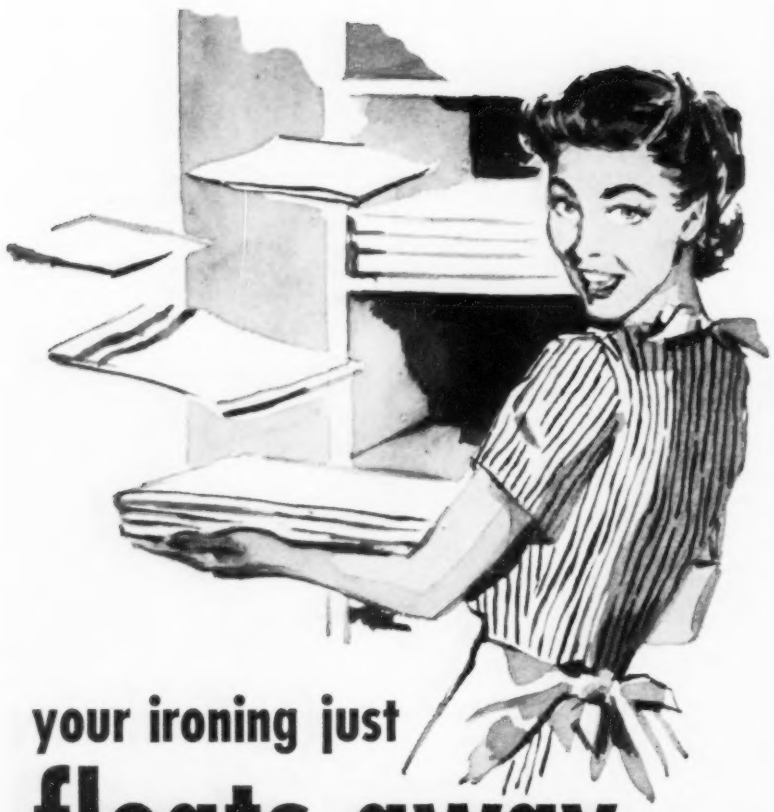
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about bedtime, homework, allowances, household chores and the curfew on dates. Some parents, not yours I hope, try to buy their children's favor by giving them privileges. This inculcates the young people with a fine sense of blackmail. You'll be skeptical about this, unless you're extremely honest within yourself, but you really *want* rules. You're kicking at the fences to make sure they're really there.

I'm reminded of something a mother overheard her daughter say in a telephone conversation, when she was explaining to another girl that she couldn't go with her to a late movie. "I just can't!" the teen-ager was saying. "My mother really cares about me. She doesn't let me come home so late."

If you'll forgive a digression, my prenatal patients often remind me of adolescents. They complain to me about the things I have advised them not to do, like paint the living room or go for a long car trip. They don't really want to paint the living room or go on a trip at all. They just want to make sure that I'm taking care of them.

I may add, for the benefit of parents who may be reading this, that I think they are making a terrible mistake if they compel their daughters to live by the same rules that applied a generation ago. Such practices as early dating are now normal. Only devastating friction can result from a parent's refusal to recognize changing standards. A teen-ager cannot exist in her group under old-style restrictions. She will become an outcast and blame her parents, rightly.

It is a time for delicate manoeuvring. If the other children in the community are going to a dance although they are only thirteen, then your daughter should be permitted to go too. You discuss with her the simple good manners she will require at the dance, courtesy, consideration for the bashfulness of boys and so on, and you lead up to an agreement on the time she must come home. It is important that the girl agree on this curfew as being fair. She can't respect a curfew arrived at dictatorially.

While I'm talking to parents I'd like to add that I believe they get a second chance with their adolescent children. The first chance to do a good job and lay down the patterns of a life-time comes in the first five years of the child's life. Some parents muff this one through inexperience or, possibly, because they are too immature themselves. But during adolescence the child is shaken out of the pattern that was developing. Here is a second opportunity to instill, without sermonizing, a sense of justice and honor.

You can't simply set aside an hour a day for Character Formation. Communication with an adolescent is a frail thing. It won't be bullied into being and it won't be coaxed. It is done subtly, by creating an atmosphere of mutual trust and confidence in the home and giving the child an opportunity to chat without interruptions or distractions. The rebuffs and withdrawals will outnumber the moments of sharing but those fragments will be golden and worth the effort.

I have a theory about how adolescents can help themselves that I'd like to describe. I suspect the most effective method of combating the anguish of these trying years is to get away from interior thinking. It's natural to examine every pore in the mirror, to be desperately anxious to be popular, to be involved in a chain daydream of your own eventual importance but you don't have to carry on that way *all* the time. Figure out for yourself the best way of getting a release from yourself. It may be sports or it may be worship, which includes for me church, music, nature, art or other elements whose value is entirely to the spirit.

During this time of rejecting parents and the life of the family there must be something else to fill the vacuum, besides yourself. It's one of the paradoxes of life that something which enlarges the spirit, which isn't tangible, invariably enlarges the personality and understanding, which are more palpable.

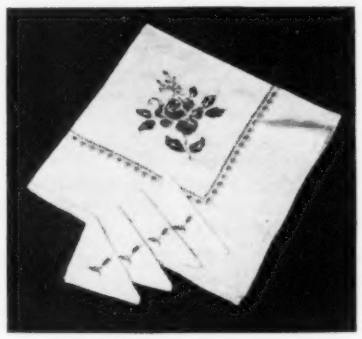
This sort of spiritual stretching should be an active thing, pursued vigorously. In adolescence nothing stands still. If it does, I'm alarmed. The teen-age girl who never argues with her mother and spends her time helping around the house or being alone in her room really frightens me. She's not growing up at all, she's deliberately staying a child. Maturity can never be achieved without a struggle. I'd suggest that such a girl is truly in need of professional help.

In your search for independence, you teen-agers can be very trying to elderly people over twenty, you know. Your music is full of awful rhythms, to my ears. Your heroes are sometimes startling. Your preference, despite the pine-paneled recreation room at home, is for other pine-paneled pastures. Teen-agers rarely are comfortable in their own homes and I'm aware that this is a healthy symptom of growing up.

Even your untidiness, if you've worried about this (which I doubt), is normal and natural. You've got such a roaring disturbance going on within you that you

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haven't time for details such as picking up your clothes or keeping your fingernails clean. But your parents will be cheered in a few years to discover that your Tobacco Road period isn't permanent.

I'd like to add a few words about graciousness. I recently visited a group of young housewives who had simplified their chores with a number of short cuts. They served soft drinks at their gatherings and drank them out of the bottle; they helped themselves to cookies still in the bakery carton. I know those women very well and I've seen them glide with the ease born of good breeding down a formal reception line. But I wonder about their children. What chance have they to learn of gentle living?

I'd recommend for every well-rounded family a formal Sunday dinner, with candles and real napkins on the table and everyone dressed in his best. Jewish families do this beautifully on Friday evenings. It's an occasion for learning attitudes of respect (how many teen-age boys have been instructed on how to hold their mother's chair?) and the benign influence of such meals offsets the bad period of adolescence when all boys behave like boors and all girls tend to chew gum. I've known families where this sort of state dinner has been a regular custom for years and it is treasured for the jewel it is. Mother puts out her best food and father puts out his best conversation. Their children react in a way that is a good omen for the future —they bring their best friends.

The most vital piece of wisdom that I can tell you about is the inevitability of life. Each act is followed, without fail, by a consequence. True responsibility can only come from your own inner discipline. It is the most valuable lesson a human can learn. I doubt very much that it can be taught, but I'll tell you how I found out about inevitability.

In our large family we divided up the responsibility for taking care of our cow. As I remember it, my oldest brother was supposed to milk her. I was supposed to bring her in from the field every evening. I hated that job passionately because I was afraid of the darkness and a little afraid of the cow. I tried getting someone to go with me, I tried to trade jobs with someone else and I tried putting it off so that someone would go in my place. Nothing worked. No matter how I twisted and tried, I always had to get that cow.

Eventually I learned the great truth. The best way, the *only* way, was to get the cow right on time and get the job over with. Delaying inevitably meant that it would be even darker when I eventually had to fetch her. I've been applying that same knowledge all my life to jobs I didn't want to do; I just buckle down and get them over with. It was the most useful lesson I ever learned.

Every teen-ager must learn, in some form or other, the law of inevitability. The time has come when parents no longer discipline and decide. The decisions must be made by yourself and bolstered by the discipline that comes of appreciating consequence. You will never be an adult, no matter how long you live, until you learn it. Sometimes when I see an adolescent flailing around with some assigned task, putting it off and obviously hopeful that her parents will help her out, I have a wayward thought. It's too bad every family doesn't have a cow. ◆



Knits steal the show

By **VIVIAN WILCOX** *Chatelaine Fashion and Beauty Editor*

This fall, knits are everywhere, making the handsomest fashion news in ages. Look for scene-stealing collars, yokes, waistbands—or even knit them for yourself



Black ribbed knitting where you might not expect it—shaping the sleeves of a TV shirt. The shirt zips up to the chin, has a tall ribbed collar. The pants match, are zipped close to the ankle. In cotton-and-wool dappled by a beige and black Paisley print. By Lou Larry. About $29.95. At Lewis Howard Casuals, Toronto; Hudson's Bay in the west; Arcade Shop, Halifax.



The neck's knitted in—a black yoke, turning down into bands of white and then gold. The dress it belongs to is textured brown wool, with gold, white and rust flecked in. Drawn close to the figure, the skirt is eased with two soft pleats at the waist. By Junior Vogue. About $29.95. At Julius Simon, Toronto; Glymore, Ottawa; Hollinsworth, Winnipeg, Edmonton, Regina.



A mixture of wool-and-Vicara, thickly knit, laid over the collar and along the pockets of a beige, cotton poplin storm coat. About $49.95. By White Stag. At Freiman's, Ottawa; Richard Soley, Edmonton; and Hudson's Bay, Vancouver.



Satin-run ribbing, girdling the hips of a black wool jersey dress, achieves the look of a bloused overblouse. The sleeves are bracelet length. By Mr. Mort. About $35. At Foster's, Toronto; Deb Shop, Ottawa; Fraid's, Montreal.



Rib-cage jacket, knit from mince-pie colors and thickly ribbed at neck and wrists. Dress beneath is black jersey, high-waisted. By Mr. Mort. About $50. At Elizabeth Hager, Montreal; Marty's, in Vancouver; Fashions Ltd. in Regina.



Thick waffle-weave knit, taking the shape of a "make-believe" bolero on a high-waisted wool jersey sheath. In royal blue. By Junior Vogue. About $35. At Simpson's, Montreal; Rainbow Shop, Hamilton; Dorothy Gould, Regina.



Blue-rimmed white zephyr knit curving over the collar and edging the pockets of an electric-blue car coat. In poplin, quilted inside. By White Stag. About $35. Freiman's, Ottawa; Richard Soley, Edmonton; Hudson's Bay, Vancouver.



Cotton knit, brilliantly striped with black, gray and white. It rises to a tall polo collar, blouses at the waist. By Sportrite Junior. About $6.95. At Ruth Frocks, Toronto; Wally Reynolds, Stratford; Barr's Specialty in Hamilton.

Black and white rib-knit jerkin that reverses to plain black wool. Cut to steer clear of the figure, it slips easily over this (or any other) slender black wool dress. The white linen collar is detachable, covers a banded neckline. By Mam'selle. About $55. At Landau's and at Alton-Lewis, Toronto; Raphael Mack, Hamilton.



Accessories for all the outfits, at Simpson's

FOR FALL DAYS: NEW DRESSES UNDER COVER



1769: It looks like a suit—is in fact a dress-plus-jacket. The jacket is deftly cut to the hipbone, rounded at the shoulders and set with a narrow belt that tails off at the back. The dress is a sheath, the sleeves brief and cut in one with the dress. The neckline is round, collarless and tied in a neat half bow at the throat. Make it in basket-weave tweed; tweeded silk or rayon; flannel or wool-and-Terylene. Sizes 12-20. 50 cents.

1768: Underneath is a bared sheath — sleeveless, with a deep square neck. Here it's disguised for the street with a squared-off jacket, polished brass buttons. Later, the jacket comes off (dinner-for-two, or a small evening party?) to show the low décolletage. Make it in soft wool crepe, glen plaid or tissueweight tweed. Or, if you are tall and slender, sew the dress in wool jersey and the jacket in brushed wool plaid to match. Sizes 11-18. 50 cents.

Order from your Simplicity pattern dealer, or from the Pattern Department, Chatelaine, 481 University Avenue, Toronto.

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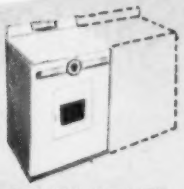


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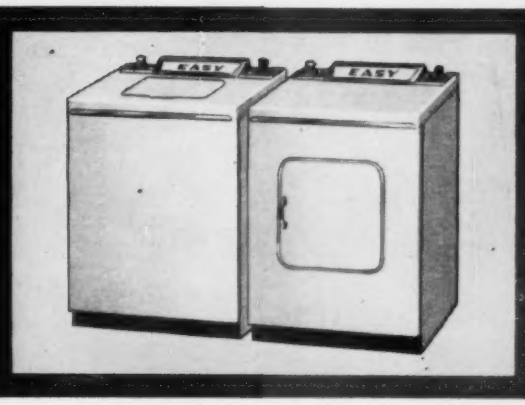
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DELUXE AUTOMATIC WASHER and matching **DRYER**



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talking to motorists
coast to coast ...
and here's what
women drivers tell us:

I do like to drive

Nowadays cars are such *fun* to drive. I'm glad, though, my husband tells me to get Esso Gasolines and Marvelube Oil. They *do* seem to keep the car running beautifully—but I particularly like the *service* at the Imperial Esso stations.

The attendants are so prompt, friendly and obliging! You *know* your car is being well taken care of.

And, my local Imperial Esso dealer is *so* conveniently located. For that matter, you always seem to be near an Imperial Esso station wherever you drive.

...and I do like Imperial Esso Service!



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THE EIGHT-HOUR DRESS

1682: This is a dress that will work for you from nine to five and do you proud. Treated to a furry felt beret, calf pumps and purse and tawny gold jersey gloves, it will take you downtown on a mild fall day—to the office or a bridge club meeting. Here in horizontal stripes, it's for tall, flawless figures only. But in plain wool or jersey, or silk crepe for late-day, it's for everyone. Sizes 12-18. 35 cents.

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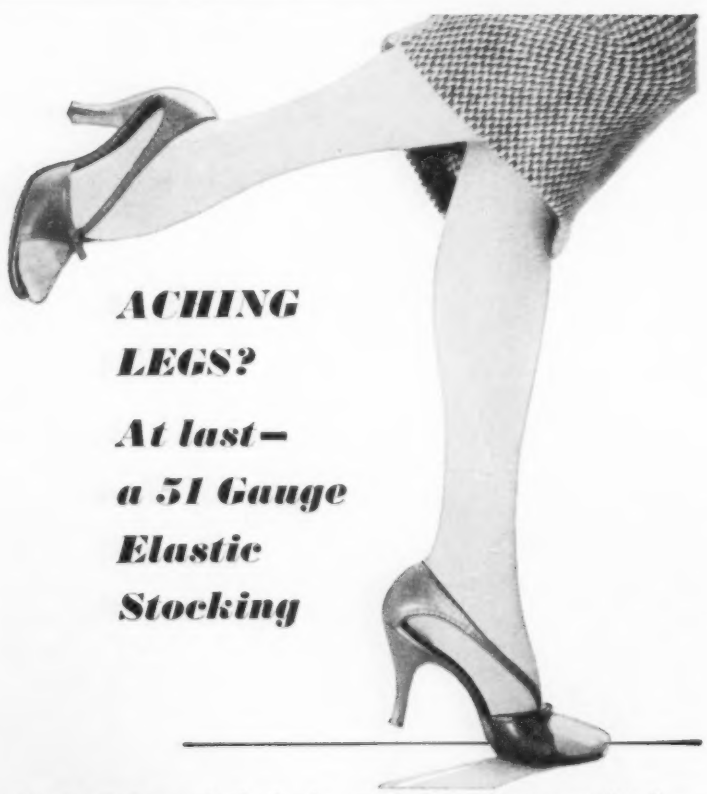
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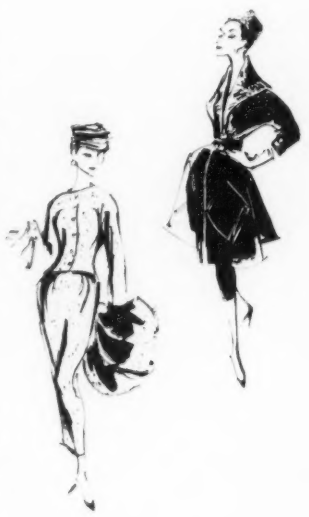
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THE YEAR CHRISTMAS CAME IN OCTOBER

Continued from page 15

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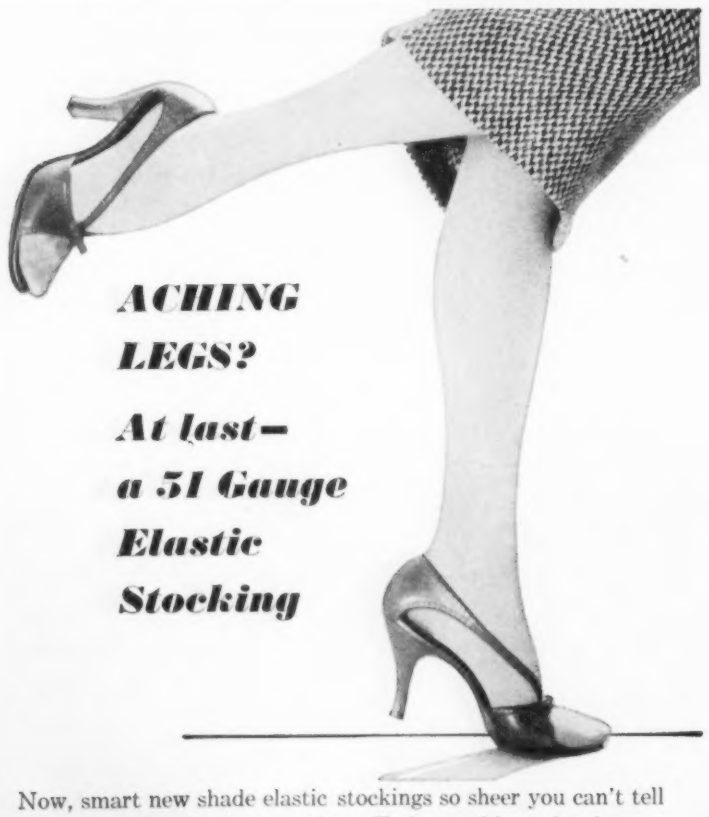
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to make the most of your natural beauty...



IT TAKES CREAMS AND LOTIONS, TOO, to accomplish what you want beauty-wise. Why waste money on inadequate "short-cuts"? The Basic Creams and Lotions of Dorothy Gray are scientifically blended for your needs alone. They cleanse, stimulate and lubricate your skin properly. Result is loveliness that endures through the years.

Trust Dorothy Gray*



* Canada's loveliest women do!

Larry told her, "Just nurse them and then forget them. That's all."

a few evenings after Larry had given her the engagement ring and the pink cloud still surrounded them. But just the same, with her head against Larry's shoulder and his arms holding her, she had murmured something about Mrs. Ashton, or Ashley, something like that, a post-operative on the critical list.

Larry's arms had tightened and his lips brushed along her cheek but there was a slight edge in his voice.

"Now, look, Florence Nightingale. You aren't expected to suffer and bleed for these characters, you know. Just nurse them while you're on duty and then forget them till the next shift. That's the way it's done."

"But Larry, this is more than just a job, it's our life, darling. Our whole life. We can't ever just walk away and forget all about those people who need us, who depend on us."

"Who can't?" He kissed the tip of her nose lightly. "I like the way your eyebrows go together when you get serious. Now how about concentrating on me for a minute?"

She braced her hands against his chest. "Darling, I'm serious."

"You're telling me? You're so serious you're positively grim about it." He held her palm up against his cheek. "Look, Anne, I spent seven hard years and great hunks of my family's dough to get to the point where I can stroll in and out of hospital rooms without leaving a torn and bleeding heart to clutter up the joint. I like it this way. Now, do you want to kiss me or do you want to walk home?"

Things had started to go wrong almost from that hour. It was so desperately important that Larry feel the same way she did about things. How could they ever find happiness if they so constantly disagreed on the one subject where they should have been so completely compatible?

But even for her Larry would not pretend. When she asked him when he first knew he wanted to be a doctor he assured her in all seriousness that it had been when he had his appendix out at the age of thirteen and heard his father scream about highway robbery.

"Seemed like a good racket. It still seems like one."

"And what about your—your Hippocratic oath?"

He grinned easily. "I keep it. To the very letter. And for a fee."

She had tried to trap him on various occasions.

"Darling, I know you're upset about losing Mrs. Gale."

And Larry had waved it aside. "Why should I be upset? We all have to go sometime."

No, not even to make her happy would Larry pretend.

Once she had canceled a date with him because one of her patients was dying and Larry had been impatient.

"I should have known better than to let myself get involved with a self-appointed ministering angel. What difference will it make to that dame if you're out when she kicks off?"

"It will make a difference to me," Anne told him. "But you don't have to be too involved with me, Larry. There's still time to change your mind."

Larry had glared at her for a moment and then smiled his quick smile. "No. I think I'll stick it out. But I might ask that new redhead to fill in for you tonight."

She told herself that she wasn't surprised when he dated the redhead. Not really surprised. Hurt and a little baffled maybe.

Larry just laughed when she tried to give him back his ring.

"Look, Anne, you couldn't really be jealous of that floss brain? It was strictly for laughs."

"Did you kiss her?" Anne demanded.

He threw back his head and laughed. "Certainly I kissed her, and she liked it and so did I." Then he stopped laughing and pulled her close and kissed her. "But it wasn't like this. I just don't get the same chemical reaction from other girls."

"What if I don't like being a — a chemical reaction?"

"Honey, don't kid the doctor."

Anne looked up as the elevator doors slid open and a wheel chair was whisked briskly down the corridor toward the delivery rooms. She glanced at her watch and reached automatically for the call button on the edge of her desk. It would be nice if babies could arrange to be born after bath and breakfast time, and so much more convenient for the doctors and nurses.

It wasn't the sort of thought she would dream of breathing aloud and the knowledge was a little disquieting. Maybe, as Larry had suggested, she was just enamored with the notion of being a lady in white.

"Maybe I could have pretended a little, too," she told herself. "Maybe I didn't care enough either."

When the breakfast trays had been distributed she went down the hall to visit the maternity wing.

Mrs. Mayberry waved a gay greeting from her bed by the window. She looked exactly the same as she had looked the year before. Plump and placid and pretty.

"Hi, I was wondering if you were still here. Remember me?"

Anne smiled. "Now how could I forget our best customer? I just peeked in at your little girl; she's a real doll."

"Isn't she though?" Mrs. Mayberry's eyes twinkled. "But another *girl*. I think I'll call her Wallis. Maybe that will take some of the curse off for her father. Poor Wally." She returned to her breakfast tray cheerfully enough and Anne moved along to the next bed.

"Hello there, I'm Miss Bailey. Your name's Bradley, isn't it? Mrs. Keith Bradley."

"Yes." The young woman gave her the same indifferent glance she had just given her breakfast tray. "Have someone remove this thing, will you? I'm not hungry."

"Why not just try some coffee, then?" Anne suggested mildly. "After breakfast we're going to give you another ride. Dr. Spedden had ordered a private room for you and we have a vacancy."

The gray eyes flickered and then were still. "Do you need this bed? Is that it?"

"Oh, no," Anne denied swiftly, "I just

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thought you might be happier in a private room. You can have visitors all day and your own telephone and—"

The lips curved into a mirthless smile. "I'm not at all elated at the idea of visitors all day, and if you're worrying about my reaction to seeing the other mothers get their babies—" she shrugged. "Forget about it. It doesn't upset me in the least."

Anne felt an urge to reach out and touch the girl's hand but something in the scornful eyes halted her.

"This baby wasn't my idea anyway," Mrs. Bradley continued deliberately. "My husband thought it might solve something or other and I went along with the idea."

Anne made a hurried round of the other rooms. Little Mrs. Lindsey had a private room. She'd just had her third miscarriage and she cried a lot.

"Don't be silly, a lot of women have your trouble and then turn right around and raise huge families," Anne said.

"Do you really believe that, Miss Bailey? Honestly?"

"Of course I do. Now powder your nose and put on your prettiest bed jacket before your husband comes in — he feels just as bad as you do, you know."

The soft chin quivered again. "Poor Bill. He'll be so disappointed if we never have children."

"Poor Bill is right. He'll be scratching around making a living for that big brood of yours in a few years. Relax and enjoy your freedom while you can, that's my advice."

It was later that same afternoon when Anne asked Dr. Gordon about the music.

"Tell me, Doctor, am I having hallucinations? I keep thinking that I hear Christmas carols."

He smiled at her but his eyes were grave. She liked Ronald Gordon. He was a shy young man with a prominent Adam's apple that seemed to become even more prominent whenever Anne was within his line of vision.

"You do hear Christmas carols. They come from the seventh floor."

Anne's eyes flicked over the desk calendar. "Aren't we rushing the season? It's still October."

"Not on the seventh floor," he told her gently. "We just pushed the calendar up a few weeks. Tomorrow will be Christmas Eve."

She looked up at him questioningly and as if on cue the faint strains of Silent Night, Holy Night drifted down to them.

"A little kid named Katie Morrison. Leukemia. She'd been planning on a big Christmas this year and it looks as if she might not be around that long—so—tomorrow's Christmas Eve."

Anne looked at him steadily. "It sounds as if it might be your idea."

He flushed. "Katie's a nice little kid. Five and a half years old. She's one of a big family and there's never been enough money to go around, or enough love either, I guess. This is probably the first time in her life that she's been fussed over and treated like—well, like someone important, someone special." He was knotting and unknotting his hands as he spoke and his eyes were dark and troubled. "It's sure a hell of a note," he concluded.

Anne watched him and words echoed in her memory. "You can't bleed and die for these characters, you know."

"Does Katie have a Christmas tree?" she asked.

"Sure. A four-footer. It stands right by

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her bed and tonight after she's asleep we'll trim it and put on the lights and lay out all the presents where she can see 'em." His thin face had come alive again. "The nurses have been really swell—bells hanging on the door and green draped everywhere and a phonograph playing Christmas music."

He stopped and turned his head as the elevator doors slid open.

Of course it had to be Larry. Larry always appeared at the moment when she was feeling especially tender, especially vulnerable.

His blue eyes moved from her to Gordon and he nodded his head in a brisk friendly way that acknowledged both of them. Ronald Gordon seemed to shrink beside Larry's six-foot-one and Anne found herself wishing resentfully that Larry wasn't quite so broad-shouldered and exuberant and assured.

She slanted a quick smile at Gordon. "We'll talk about it later, Ron." It was the first time that she had ever called him anything but Dr. Gordon and she could see that he was pleased in a shy bewildered sort of way.

He moved away but Larry continued to stand there watching her, his eyes narrowed, his hands jammed deep into his pockets. She went on with her work determinedly although her hands were stiff and awkward and she was conscious of the bare fourth finger of her left hand. Her heart was pounding against her ribs. It was over a month, now, since she had broken the engagement. Over a month. She ought to be able to look up at him and talk casually. "We can still be friends, Larry, even if we aren't right for each other." She had said that and Larry had just given her a funny half-smile and said, "Want to bet?" and then tucked the diamond into his jacket pocket as if it weren't anything very important.

"He isn't exactly your type, you know." Larry spoke at last and there was a little smile in his voice. "No chemical reaction that I could notice."

She ignored that and after a moment he tried again.

"I suppose he was telling you the tear-jerking story of Christmas on the seventh floor."

This time Anne did look up, her eyes flashing a little. "I can understand how it would be the sort of thing you'd find terribly corny. Wanting a little girl to die happy."

His eyes darkened as he leaned forward. "She won't die happy. The whole staff can stand on its head from now till Christmas and she still won't die happy. Just as Mrs. Ashley didn't die happy, even though you were right there to hold her hand, or old Cap Cummings down in the charity ward, or Dr. Samuels in his private room with all the specials." There was tautness and a kind of anger in his voice. "She won't die happy. Nobody dies happy. The lucky ones just go to sleep and don't wake up again—or they're so clogged with dope that they just sort of slide under the wire. Watch them. Watch their faces. They hang on and fight and push back the pain and hang on some more. For what? For another minute, a few more breaths, another second or two. So don't hang around waiting for Katie Morrison to die happy. She won't."

He didn't even wait for her to fight with him about it, just turned and marched off down the corridor leaving her feeling angry and hurt and helpless.

A few minutes later he was leaning in the doorway of Mrs. Lindsey's room,

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smoking and telling her jokes and flirting with her quite openly.

When Anne was making her rounds that evening she found that almost all her patients were talking about Katie. Mrs. Mayberry had just finished telling the new mother about the little girl who wanted Christmas.

"People are really wonderful, aren't they?" The new patient spoke softly. "Think of all the nurses and doctors going to all that extra work and trouble just so a little girl can have Christmas—her last Christmas."

"It must be just awful to lose a child like that." Mrs. Mayberry bit her lip and her eyes moved apologetically to the woman in the opposite bed. "I mean it's terrible any time, but a little girl you've cared for and loved for almost six years." She floundered for a moment and then continued. "But at least they're happy knowing that she had this much happiness."

"And when she's dead she'll be just as dead, Christmas or not." The woman in the opposite bed spoke in a curiously flat tone.

Anne turned abruptly and went to the window.

She didn't know how long she stood there looking out. The apartment house across the street was brightly lighted, as always, but with a subtle difference. Her frowning unbelieving gaze moved from one window to another. The first six floors looked just as usual but the seventh floor—just where a little girl might look

☆ ☆ ☆

FUNCTIONAL FURNISHINGS

By Janet Henry

We don't buy figurines with fancy labels—
Just ones to fit the scratches on the tables.

☆ ☆ ☆

from her hospital bed — Christmas trees were ablaze with lights and gay with tinsel! Holly wreaths. Artificial candles on the window sills. Lights that blinked a cheery message of peace on earth and good will to men.

She turned from the window feeling the warmth of tears behind her eyelids. Dr. Gordon of course, who but Dr. Gordon would think of such a thing?

She saw her patients were admiring a life-size doll that one of the nurses was exhibiting. A doll for Katie. The seventh floor had bought her a lovely baby doll.

"The head nurse is crocheting a little sweater and cap," the nurse volunteered happily. "She'll get a big kick out of dressing and undressing a doll. Some days she feels so well we have a hard time getting her to stay in bed."

Anne was moving toward the door when Mrs. Bradley put out a slim beringed hand.

"Give me a lift down the hall, will you? I want to make a phone call."

She spoke so imperiously that it was on the tip of Anne's tongue to retort that she was head nurse and that it was not her place to chauffeur patients about in a wheel chair.

But—a phone call.

It was common hospital gossip that Mrs. Bradley had issued orders that she wanted no visitors, not even her husband and mother. The flowers that arrived for her almost daily were sent at once to the children's wing. She wouldn't even glance at the cards. Anne knew that the thin

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Chatelaine
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harassed-looking young man she had seen only that afternoon talking to Dr. Spedden was Keith Bradley, and that his wife had pretended a headache in order to avoid seeing him.

So she brought the wheel chair to the bed and watched silently while her patient thrust her arms into her quilted robe. Mrs. Bradley was almost beautiful, but there was arrogance in the tilt of her chin and a sort of chill in the depth of her gray eyes. She spoke bitterly as Anne was pushing her down the corridor toward the telephone booths.

"They've been talking about it all day. The nurses and the doctors and the patients, even the woman who does the sweeping! Katie, Katie, Katie. What's so special about this one child?"

"Every child is special, Mrs. Bradley."

"Because she's going to die. What's so special about dying? You're a nurse, Miss Bailey; what's so special about dying? People die every day, old people and young people and even babies. What's so wonderful about dying; what's so wonderful about living for that matter?"

Anne spoke almost without thinking. "There must be something wonderful about it or why would people cling so hard? Fighting and holding on and pushing back the pain. Battling for another breath, another moment of life—" She stopped, troubled by the feeling that the words weren't her own words at all. She looked down into Mrs. Bradley's still face and she wanted to put her hand on the thin satin-clad shoulder but instead she went on, speaking in the same impersonal tone. "You lost your child but you'll probably have other children. Maybe you'll lose one of them when she's five and a half. I hope not. I really do, but it could happen and perhaps you'd find out that this way, difficult as it is, was easier."

She went back to her desk then, leaving a proby to see that Mrs. Keith Bradley got back to her bed.

She knew that she had been unnecessarily harsh and she was a little appalled.

"What do I think I am—a psychiatrist?" she mumbled under her breath as she went on with her work. But just the same she had seen the flicker of feeling in the other woman's eyes. Maybe there was something behind that frostbitten exterior, after all.

She was still thinking about Mrs. Bradley when Larry came swinging along the corridor. He perched on the edge of her desk and lit a cigarette and grinned at her impudently.

"Larry, what do you know about Mrs. Keith Bradley? I mean, what do you know that's important?"

He shrugged. "Doc Spedden's patient? I know plenty. The old boy's been denting our eardrums about this problem child of his. She didn't want the baby in the first place, tried to get rid of it, I gather, and almost died. She was a model or something. Separated from her husband. He came back when she was in the hospital and Dr. Spedden managed to save the baby and everything was real lovey-dovey. Then the baby died. Period."

Anne's brows drew together. "Case history. That's all it is."

He blew a ring of smoke. "That's all." He glanced at his watch and then swung to his feet. "Gotta date. Be seeing you."

She watched him until he was swallowed up by the elevator doors and kept her eyes on the arrow that signaled the

Continued on page 117





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1. In awarding the prizes Chatelaine will buy first Canadian serial rights of original stories never before published. All second or resale rights will remain with the writer after the story has appeared in Chatelaine.

2. No manuscripts can be returned so please do not enclose return postage and be sure to keep a duplicate manuscript.

3. Send entries to

Chatelaine Fiction Contest
Chatelaine Magazine
481 University Avenue
Toronto 2

4. No entries postmarked later than midnight December 30, 1956, can be accepted.

5. You may send in as many stories as you wish. They should be between three and seven thousand words in length, typewritten, double-spaced on one side of the paper and mailed flat. Be sure to write your name and address on the title page of each story.

6. The editors of Chatelaine Magazine will be the judges.

7. And please be sure to fill out and attach the entry form which follows. No story can be accepted in the contest unless accompanied by this entry form. Additional forms may be obtained by writing to the above address.

CHATELAINE FICTION CONTEST ENTRY FORM

I accept the rules for the Chatelaine Fiction Contest as they appear in the October 1956 issue of Chatelaine. The attached story is my own work and has never been previously published. I have not knowingly depicted any real person, living or dead, in this story. I am a Canadian citizen.

(PLEASE PRINT)

TITLE .....

NAME OF AUTHOR .....

ADDRESS .....

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Continued from page 115

floors. Dr. Lawrence Weston got off at the seventh floor, which was a little odd in view of the fact that he didn't have any patients up there.

Anne felt a little surge of excitement that might be confused with hope. The other doctors called regularly on the pitiful little patient, the other doctors, but surely not Dr. Weston. Not hard-boiled Dr. Weston.

When the nurse came to relieve her she went up immediately to the seventh floor. The automatic record player was still playing but tuned low inside Katie's room.

"She's asleep now," said a passing nurse. "We leave the phonograph turned on in case she wakes up."

Anne glanced along the corridor. "Was Dr. Weston in to see her today?"

"Katie? Why would Laughing Boy be visiting Katie? As a matter of fact he just took her mother out for a cup of coffee."

"He took her mother out for a cup of coffee?" she repeated stupidly. "Why would he do that?"

The other nurse winked. "Oh, I don't know. She isn't so bad, Katie's mother, in a sort of dyed-blond, tight-dress way."

"I see." Her tongue felt stiff. As if she had been hoping . . . as if she had dared to hope, just this one last time.

The nurse nodded toward a large pasteboard carton.

"One of your gals had a suitcase of stuff sent in for Katie's doll. Her husband trotted it in here half an hour ago. He didn't want to wait for morning, he said."

Anne looked down at the box. "Bradley?" she asked. "Mrs. Keith Bradley?"

"Yes. Her husband was telling me that the baby died. He said his wife called and told him to bring down all the baby clothes, everything. She said someone ought to get some good out of the things. Seems like a waste, doesn't it?"

"Oh, I don't know. Maybe it isn't a waste, not really." She was thinking again about the woman lying downstairs in her high white hospital bed.

She lifted the lid of the box and looked at some of the things. Beribboned bonnets and little sweaters, small dresses and a pair of diminutive rompers, six-months size. She picked up a flannel nightgown, the kind you can buy all marked and ready to cut out and sew. The stitches were uneven and some of them were puckered. Not an expert job. You could imagine stabbed fingers and knotted thread. You could even imagine dreams and plans being stitched laboriously into the seams—and love and anxiety.

"I think I'll save this one for Mrs. Bradley," she heard herself saying. "She'll want to keep it after—after she's had time to reconsider." She folded the nightgown carefully.

She ran across to the nurses' home after that and wrote a few letters, and then, nagged by a feeling of restlessness, came back to the lunchroom in the basement of the hospital for a last cup of coffee. It was there that Ronald Gordon found her.

She knew, the minute she saw his face, what had happened. She could feel her heart lurch and then go on beating quietly and evenly.

"Did you hear about Katie?" he flopped into a chair and reached for her coffee cup, took a quick sip and then replaced the cup carefully on the saucer. "Half an hour ago. It was all over in just a few minutes. The kid was lucky." There was a curious flatness in the words. Anne knew it was because he was remembering other children, not so lucky, for whom the end did not come with merciful swiftness.

The kid was lucky—the lucky ones just go to sleep and don't wake up. She remembered a voice saying that, too.

She looked up at Gordon almost pleadingly. "Don't tell me about it."

He seemed vaguely disappointed. Why, he wanted to tell her about it; he wanted to share it with her. The pain and the helplessness and the hurt.

"Was her mother there?" Anne asked swiftly and watched his face change, grow hard and angry.

"No. She'd gone off some where with Larry Weston. They came in about fifteen minutes after it was all over."

Anne spoke gently. "But she couldn't have known. Katie's mother couldn't have known that it would be tonight."

"No. She didn't know. But Weston knew. Dr. Sawyer had warned us. Within the hour he'd said. All the symptoms were there—swelling and listlessness."

"Did Katie ask for her mother? Is that why you're angry?"

"I'm not angry." He didn't answer the question about Katie. Of course she hadn't called for her mother. Anne knew that. Dr. Sawyer was a kind man. Those last moments must have been as easy as he could make them.

Anne finished her coffee.

"So she didn't have Christmas after all.

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Suddenly, she had to find Larry

poor baby. But maybe they'll have a special Christmas for her, Dr. Gordon, with real angels instead of the Christmas-tree variety."

His eyes were faintly shocked. Clearly he had no patience with this sort of philosophy. Learning did that to some men, she thought, made them weigh and measure and doubt. She felt a little sorry for him.

When she started back across the street, she glanced toward the apartment house that faced Katie's window. She was just in time to see the lights flick out on a Christmas tree—and then another—and then a candle on a wreath.

She waited, standing motionless on the walk. The seventh floor. But there were ten apartments to a floor in the building. It would take a long time to visit all those apartments.

She sat in one of the deep chairs near the elevator in the apartment-house lobby and waited. It was almost half an hour before the doors slid open and Larry stepped out.

His eyes darkened but he didn't speak. She got to her feet and tucked her hand firmly under his arm.

"It took you a long time. How about buying me a cup of coffee?"

He led her around the block to the hotel coffee shop. They sat at the counter and ordered coffee and doughnuts. Larry turned his head and gave her his old carefree smile.

"So you followed me."

She shook her head. "No. I just happened to notice that the Christmas tree lights were going out. Someone had to be telling those people about Katie and it sounded more like you than anyone else."

"Why?" He sounded almost belligerent.

Anne shrugged. "The others would just talk about it. You were the only one who would do something to—to erase it. Just as you were the only one who would see to it that Katie's mother wasn't there tonight, right there at the last when it could be so dreadful for her." She took a careful sip of her coffee but Larry said nothing. "Larry, do you think that there might be a Christmas for Katie—wherever she is now?"

He turned his head and looked at her. "Now that's a fairly stupid question. How could any of us stand the things that happen around us every day if we didn't believe that?"

"I—I don't know."

His eyes softened. "Yes, Anne, you know." His eyes moved past her to one of the little tables by the window. "It's funny you should ask that, though, in this room, tonight. We sat right over there, Katie's mother and I, and we talked about that same thing. We had a hamburger and a gallon of coffee. She told me how Katie had always been different from her other kids, brighter. I told her if this thing had happened to any of the others she'd have felt the same way about them. It's always the

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one you lose that you love best. And then she said that about Katie's Christmas. 'She'll have a better Christmas now,' she said. 'A lot of happier Christmasses in a better world.' She sounded as if she meant it."

"Of course she meant it." Anne pulled the crumpled little gown from her pocket and spread it carefully on the counter. "Look, this is something Mrs. Bradley made for her baby. She was giving all the baby things away but I saved this for her."

Larry looked at the small garment dubiously. "Looks pretty sad, doesn't it?"

She smoothed down a seam with a careful forefinger. "Yes. I guess I knew she'd cry when she saw it. I even wanted to see her cry."

She could see that he was trying to understand.

"You wouldn't try to make her cry, Larry, you'd try to make her laugh. You'd kid her and maybe flirt with her the way you do with Mrs. Lindsey."

"Would I?"

"Yes. And if Mrs. Lindsey came right out and asked you about her condition you'd tell her that she wasn't physically equipped to bear children. You'd probably advise her to think about adopting some and suggest that she could have all the joys of motherhood without losing her figure, even temporarily."

"Hmmmm."

She put her hand over his. "Larry, I've been a fool, haven't I?"

He squinted down at her. "What makes you think that?"

Her fingers tightened over his. "While I was sitting in that lobby waiting for you I was remembering something you said earlier today. About Mrs. Ashley not dying happy even though I was right there holding her hand. Mrs. Ashley. That was almost six months ago. But you remembered her name even though I'd forgotten it."

"This means something?" Larry's grin was quizzical.

"I think it does."

She finished drinking her coffee and slid off the stool and waited until he had paid the waitress. His hand was firm and reassuring on her arm as he guided her back toward the nurses' home.

"I suppose you have to go right in." There was a question underlying the words and Anne smiled up at him.

"I have to be back on duty at six."

"You wouldn't like to hop into something less professional-looking and take a ride with me, I suppose?"

"I'd love to, Larry."

Their steps slowed and then stopped altogether. In the shadow of a giant tree he took her swiftly into his arms and Anne could feel all the fright and fear and loneliness melting away in their kiss.

After a moment she drew away. "Darling," her voice was a little unsteady, "I'll just be a moment. I'll hurry."

It took only a few minutes to change her clothes, to freshen her make-up and sweep a comb through her hair. She jammed her tired feet into high-heeled slippers and sprayed perfume about lavishly.

Tomorrow there would be the familiar routine—tomorrow. But tonight—

She sped back toward where the blond convertible was parked, its motor purring softly in the night. And once she glanced upward briefly at the grim outline of the hospital building, and then on up to where the stars were burning steadily.

"Merry Christmas, Katie," she said softly. ◆



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by MARCELLA HOLMES
NOTED BEAUTY AUTHORITY
(former beauty editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermine poise and self-confidence, can cause *permanent* damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave *permanent* scars on the skin.

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You owe your family a dog...



Go ahead—buy one. Why should I suffer alone?

But you can't have our Mr. Smith for a million

By PHYLLIS LEE PETERSON

FOR YEARS my family told me I owed them a dog. "Company for the boys," said my husband. "Something alive around the house," said my sons. (What have we got? A bunch of corpses?) Then one day we found ourselves on a farm ankle-deep in springer-spaniel pups. We brought one home and I've been paying for it ever since.

I wormed him, fed him, treated him for tonsilitis. It took me six months to teach him the difference between grass and the living-room rug. I helped him up the stairs and carried him down. I unglued his jaw when it got stuck with caramels, of which he is very fond. And all the time he grew . . .

"What is it?" someone asked. "Russian wolfhound?"

"He," I corrected. "English springer. They don't get much bigger than cockers," but he did. I found out when I chased him off the chesterfield. Sixty pounds of baby-turned-to-beast snarled at me. It was too much. Rage, frustration, his base ingratitude swept over me in a flood and I burst into tears. Mr. Smith couldn't have been nicer. Having made his point he got down and licked salt from my face. Since then he's had little occasion to throw his weight. I know my place when I'm shoved in it.

It's different when he's got burrs in his ears or a pain from somebody's garbage. That's when he comes and lays his head in my lap. I am also the only one who knows when he wants a drink from a unit of plumbing that shall be nameless. He finds me to tell me the door's shut. The devil can find me anywhere. The last time I had my hair done I heard screams from the next cubicle. Some dowager had looked up from a basin of blue rinse to meet two limpid eyes and a wet nose sniffing her cheek. The manager suggested I take my trade elsewhere after Mr. Smith was dragged out, baring his fangs.

Not that he bites, mind you—not really. But it's hard to explain to the garbageman who's just been knocked over the pail by a black-and-white streak. "Springers, you know," I explain. "They're called that because they bound—"

"I don't care what you call him," says he. "Just lock him up Tuesdays and Fridays or take your garbage down to the dump!"

In five years my life has changed beyond all recall. I have a record at the police station, where Mr. Smith got arrested for flower-flattening and then bit the sergeant. I can't register at a hotel. (Something within the management dies when we drive up in the car with that long head drooling out the back.) We spend summers on a farm where he trees prize turkeys and has been poisoned twice—accidentally, the farmer says.

He always looks noble, even when he gets in at 4 a.m. after a night on the town—his magnificent head, the amber jewels of his eyes set in bloodshot. He has standards of dress. A workman in overalls calls in danger of life (we read our own meter and send postcards to the gas company) but if a crook crept in wearing homburg and cutaway, Mr. Smith would show him the silver. If any adult presumes to pat his head he gets told off with snarls but a boy—any boy—can swing him by the tail with impunity. His own boys are deities and he asks only to worship them his way, which means being close. He sleeps on their beds and gets off when he hears me coming—as if I couldn't tell from the quilts. He eats what they eat and everything they don't, which helps with the dishwashing. In fact he thinks he's a boy himself and I frequently get calls from the school to drag him out on his rump, snapping at teachers as he passes.

To foster his presence in our house, my family has built up elaborate myths. "He's a wonderful watchdog"—and every time there's a thunderstorm he wakes me up trying to get in bed beside me. "He's very intelligent"—I've seen smarter dogs stuffed. "He loves you"—it's a lie. He thinks I'm a fool and makes no effort to hide it. The only time he showed more than contempt was when I was ill and he didn't get fed. Then he

mooched by my bed and haunted me with his eyes until I staggered up to replenish his dish. He has ruined me in the community. With the neighbors, the law, the supermarket where he explored possibilities and got caught on a moving belt. At the Home and School, I am known as Mr. Smith's mother . . .

I don't know why I put up with it. He growls if anyone hugs me. Now my husband only makes love to get the dog jealous. "You like him more than me," I say bitterly. "He doesn't talk back," says the man in my life. The insults. The degradation. For five years I've been covered with black and white dog hairs because Mr. Smith likes to lean from the front of the car with the wind blowing wet from his jowls . . .

If I'm upset he knows it. A low mood brings him into my lap, all sixty pounds of him, so he can flatten me out to lick my face. If I'm reduced to tears he'll weep too. Then he goes out to the kitchen and steals the roast beef for dinner. I have to clean out the bath after him—he's too big to wash in a tub. I can't go away from him—he won't eat. The only time we left him in a kennel he starved for three days. Sometimes I find comfort in the fact he'll only live to fourteen. Then I'll buy a dark suit and go to Europe with the money we save . . . and come home to an empty house where I find myself listening for the pad of his feet, the tinkle of his license tag on the desolate silence.

The Neighbors Won't Speak

Yes, you owe your family a dog—if only so they can see you cut down to size. You may find you've acquired another child, but children are fun. (This one will never grow up.) The neighbors won't speak to you, which separates the wheat from the chaff. On the other hand you'll meet every kid on the block. ("Can Mr. Smith come out to play?") You will acquire certain handy skills such as ear-cleaning, pushing pills down the back of a throat and climbing with a loaded tray over the body stretched in the doorway. (They always lie in doorways.) And you will look at old snapshots with memories that make you laugh and want to weep . . .

The day he got caught behind the furnace and you had to call the firemen. The night he tangled with a skunk under the boardinghouse. The time he was lost for three days and came home with a length of rope around his neck, the blood frozen to claws that had found their way across strange lonely miles. The feel of a rough tongue on your hand when he thinks you've forgotten him. The rapture when he greets you.

He will bolster your husband's male ego, the not-so-secret conviction all women are dumb. He will show your children the meaning of companionship and why a dog was found turned to stone beside a boy in Pompeii. And when your sons are men you will remember them running in the sun with another's legs pumping beside them, his ears like black flags in the breeze . . .

Go ahead, buy one. Why should I suffer alone? Better still, take ours. You can have him if the price is right . . .

He must have heard me. He's getting up from under the desk to lay his head on my lap and drink me in with amber unblinking eyes. All right, Mr. Smith. You're safe. Who's going to give a million and their right arm for a worthless fully pedigreed bum like you? ◆



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WAIT TILL CARNEGIE HALL HEARS MAUREEN

Continued from page 13

years—maybe just once a century," which is his current assessment of her. He did, however, recognize a potentially great voice.

Did Maureen herself have a clear view of the hard labor ahead? "Of course not," she says. "I don't think you ever really know what's expected of you, the demands that will be made on you. With me, music just gradually took over. I didn't consciously decide to sacrifice anything for music. I don't like hard work. For me, music isn't hard work."

Maureen had been taking piano lessons and singing, lustily but casually, in choirs and around home since early childhood. Her whole family sang. Maureen and her older sister, Jean, combined duets with dishwashing. Her parents, both choir singers, also harmonized about the house, leaning to such bland fare as Madam Will You Walk? and The Keys to Heaven.

It was her brother, Arnold, who finally persuaded her to take singing lessons by promising to pay for the first few. By this time, Maureen had quit school, despite the opposition of her Scots father, a cabinetmaker, who regarded a thirteen-year-old with grade-nine education as unready for the working world. "I wasn't learning anything," she recalls. "And I wasn't keen on a formal education in music, either."

Her soprano voice had recently broken, like a boy's, leaving her with a contralto's range and tone. Her father was delighted. "The world is full of 'sops,'" he told his embarrassed daughter, "but contraltos are rare."

Maureen's first teacher, a Scotswoman named Sally Martin, shared her father's enthusiasm. When her parents confided that they longed for the day when their daughter would sing at church in the Messiah, Mrs. Martin said firmly: "She'll go much further; she'll be famous."

But to Maureen, music was merely an attractive accessory to her adolescent life and times. She was working fulltime and taking art lessons at night. When Mrs. Martin retired, her new teacher, Frank Rowe, found some faults in her technique. But Maureen was in no mood to listen. On her friends' advice she was considering branching out into dance-band vocalizing when she heard Bernard Diamant's recital and decided on a concert career.

She should have been fazed by the high cost of a concert singer's training. Lessons from a teacher with Diamant's qualifications cost about ten dollars an hour. A coach who, besides accompanying a singer, also checks any bad musical habits that may be forming, is a necessity at three dollars an hour. Sheet music is another large item. Maureen's music-store bills ran as high as four hundred dollars a year during the building of her repertoire.

But Maureen didn't bother worrying about this basic arithmetic. Fortunately she was living at home. She made her own clothes, often from sketches drawn hurriedly when salesladies' backs were turned. But she couldn't keep her full-time job. To accommodate lesson and practice periods, she took the early-morning shift on the switchboard of a construction company. She got up at five every morning to open the switchboard, left at ten and was paid thirty-five dollars a week.

Three months later, luckily for her finances, Diamant lifted his ban on public performances. Her voice had responded to his treatment much more quickly than he'd hoped. Maureen became soloist at both Erskine & American United Church and Temple Emanu-El, each of which paid her about thirty dollars a month. A fifty-dollar scholarship from the Montreal Ladies Morning Music Club brought prestige and a number of singing engagements. For being a finalist on the CBC program, Opportunity Knocks, she got two hundred dollars and more engagements. The Montreal Social Club (a businessmen's group) helped out with a five-hundred-dollar grant.

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In 1953 Maureen was ready for her Montreal debut — at the YWCA. The critics, accustomed to the Ritz-Carlton, weren't noticeably upset by the combination dance-concert hall setting. Thomas Archer rushed back to the Gazette to compare her to Kathleen Ferrier and proclaim that "few if any contraltos on this continent could challenge her." On the strength of unanimously favorable hometown reviews, Maureen was invited by the concert agency, Jeunesses Musicales du Canada, to give some sixty recitals in Quebec and Ontario.

She proved to be a natural-born trouper. Singing in the loft of a church in Grand'Mère, she was abruptly joined by a bat which operated apparently on the same frequency as a certain note in her throat. Whenever she hit the note, the bat zoomed at her. The audience below, neither seeing nor hearing the bat, was startled by the frenzied style of the young singer from Montreal, whose ducking and weaving occasionally removed her from view. But the audience stuck it out. And so did Maureen.

In another town, on the same tour, she was informed only a few minutes before concert time of changes in the program. She had sung none of the substitute songs for nearly a month. Beginning the first one bravely, she got only as far as the third word: "I wish for . . ." Then, putting a hand on her hip, she said matter-of-factly to her delighted audience: "*Mon Dieu!* I wish I knew what I wish."

From Shawinigan to Chicoutimi, Maureen Forrester was a celebrity. She loved it. "I felt," she recollects, "that the whole world knew I was doing a tour." Fortunately, she didn't have enough contact with the world to find out otherwise. Whatever time she had in Montreal was spent with her teacher and coach. Wherever she was, at home or in hotel rooms, she was practicing.

In February of 1954, the young girl, who had grown up on respectably poor Fabre Street, was invited to the office of a conspicuously rich Montrealer. He had read a rapturous review of one of her performances by the Montreal Star's music editor, Eric McLean. In a footnote to his review, McLean had pitied young Canadian talent, such as Miss Forrester's, which had to be worked so hard to meet expenses. He wondered how long her obviously blooming good health — and voice — would last.

McLean's musings left the businessman worried, too. When Maureen came to his office, he asked her: "How much do you need to stop singing and concentrate on studying? You can have as much as you want for as long as you want."

She told him: "I don't want to stop singing. I need experience." She told him, too, that she preferred to stay in Canada with a first-class teacher rather than go to New York or to Europe. "You should study with the best at home until you can tell good musicians from second-rate ones," she explained.

But she thanked her would-be angel for his offer, promised that she would call on him when she needed help and, as she was leaving his office, asked which of her Montreal concerts he had attended. He said that he had never heard her sing.

Within two years, Maureen was able to tell her sponsor: "I won't ever need anything more ever." She had never asked him for much. She made her first trip to Europe, in 1955, at the expense of Jeunesses Musicales, the same organization that sponsored her Quebec tour. There

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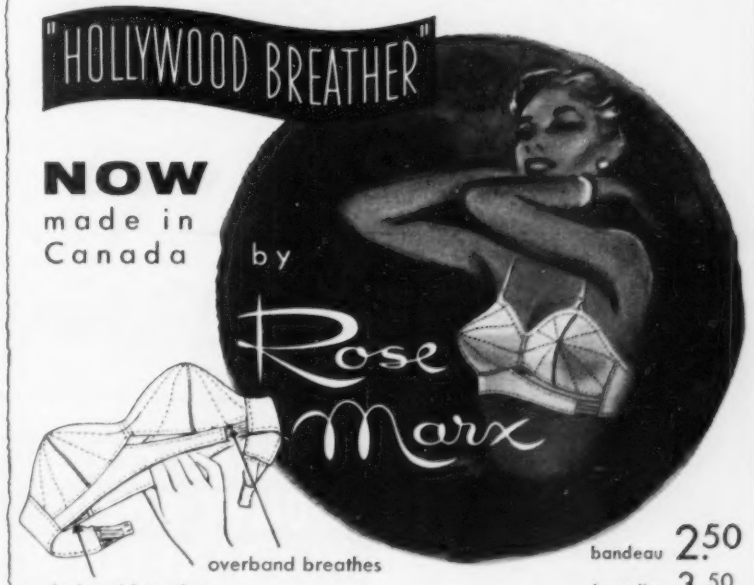
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in two months she gave forty concerts "for prestige but very little money." Her sponsor, back in Montreal, picked up the eight-hundred-dollar bill for her Paris début.

In Paris the critics were impressed, not only with the beauty and power of her voice but also with her flawless technique ("We have no one like her here"). In Germany, the home of lieder, the Canadian lieder singer was classed "among the world's top rank." She is, a Berlin critic commented lyrically, "a proud golden-blond Juno . . . who captivates her audience."

By April 1956, when Bruno Walter invited her to sing with the New York Philharmonic ten months later, she had to shuffle a whole new set of engagements in Europe before she could accept the New York offer. She didn't mind the inconvenience. She'd been waiting for an invitation to the U. S. for two years.

Her Montreal sponsor was willing at any time to pay the eighteen-hundred-dollar-a-night rental of Town Hall for her U. S. début. But Maureen was "too Scotch." "Who is going to come to hear a little girl from Montreal?" was her unanswerable question. She kept right on singing, from Calgary to Halifax, from London to Berlin, for fees which, in comparison with the going rate for concert singers in the U. S., were pretty puny.

Bruno Walter invited her directly to Carnegie Hall after hearing her sing only once. It was a private hearing in Walter's apartment hotel in New York and almost all the conductor knew about the contralto from Montreal who was due at 8.30 on the evening of Sunday, March 25, was that she'd never had an unfavorable review in her three-year concert career.

As soon as she'd removed her coat, he said, "Sing something." He accompanied her himself and when she'd finished "the big aria" from Bach's St. John Passion, he cried, "Bravo! You pick something difficult to start with." Then he asked her to sing some Schumann and next, Beethoven, to test her volume. For the Alto Rhapsody by Brahms, he asked her to stand in the farthest corner of the room and, when she finished, he murmured "wonderful."

An hour later he halted the concert, told her that she was a finely trained musician with deep feeling and that he wanted her to be soloist at one of the two concert series he was conducting with the New York Philharmonic during the coming season. He was beaming when he said good-by to her. "He likes to make discoveries, you know," Maureen explained to her mother back in Montreal.

Three months later Maureen was rediscovered, this time by the vice-president of Columbia Artists, Andre Mertens, who manages the careers of about eight artists, including such high-priced performers as Jennie Tourel, Gieseking, Seefried and Tebaldi. He had rented Carnegie Hall and requested her to prepare a half-hour program for him. Sitting halfway back in the empty hall, he heard two songs, then called out: "I don't want to hear anything more. Come back to my office and we'll sign a nice contract."

Although being managed by Andre Mertens means open sesame to Columbia Artists' concert tours across the United States, and an opportunity most young singers would leap at, Maureen declined to sign his "nice contract" immediately. While Mertens blinked, the young unknown from Montreal blandly announced: "I'll have my contract lawyer in



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To which Mertens replied, admiringly: "You're a clever girl. Take your contract home with you."

Back in Montreal, having signed the kind of contract she wanted with Columbia Artists, Maureen said dreamily to a friend: "Just imagine. From now on I can say: 'You'll have to see my manager in New York.' " To her teacher she said: "I feel ready now for anything."

And she probably is ready, both Diamant and Newmark agree. "She has that instinct to guide her," her teacher echoes her accompanist. Diamant remembers how, when she was first learning German lieder, she would sing the words with what seemed to him to be exquisite understanding, then, at the end of the song, abashedly announce: "I've forgotten again what the words mean." "She just has an instinct," Diamant says in pleased bewilderment.

She has a fine ear for language. Newmark is sure that if she were asked to sing in Portuguese next week, she could. Yet except for the French which she acquired as a child on Fabre Street, she's learned all the languages necessary for a concert singer's repertoire on the job.

But her principal qualification for a successful concert career, Maureen herself insists, is "good health." "That's the first condition of a great artist," she says, her round jolly face suddenly serious. And her accompanist agrees, recalling the forty concerts Maureen gave in almost as many nights on her first European tour that sapped his energy but not hers.

A performance of Maureen's which impressed Newmark even more was her consumption of a five-course meal, beginning with a mammoth sea-food cocktail, including steak, and ending with pumpkin pie fifty minutes before she began a concert in Calgary. Noticing Newmark's stricken expression, Maureen explained: "I don't eat the crust, John." Then they left for a concert which local critics described as "a triumph."

"The girl has the constitution of a horse," Newmark concludes. She also has a built-in talent for relaxing. In cars and planes and trains, she rests as comfortably as she does in her own living room. A ten-minute soak in a hot tub is worth ten hours' sleep to her. To make up for the lack of exercise in her daily routine, she walks almost everywhere she goes, even in strange cities, and no matter what the hour. She never gets lost and she's never nervous out alone at night.

Her mother wishes that she could rest more but is resigned to her daughter's ambitions. Her father, who died two years ago, also was sympathetic to her dreams, although he rarely went to hear her sing. Newmark is convinced that Maureen was lucky in having parents who were apathetic about her career. "With most parents," he says, "the minute their young singers have performed at a parish 'do' and someone has said 'how lovely,' it's the Met within six months. That kind of parental encouragement can kill whatever talent there is." It can also bankrupt the parents. Mothers who wish their daughters had Maureen Forrester's February appointment with the New York Philharmonic may not be aware that some fifteen thousand dollars' worth of training is behind such a triumph.

Maureen, who regularly reads that she's on the way to becoming one of the world's foremost contraltos, doesn't brood about her talent or what she may have sacrificed for its development. Nor has she any illusions about pots of gold being the inevitable reward for hard labor. After six years of training that cost much more than a medical-school education, she's happy that she can now meet her bills. Last spring, her take-home pay from five concerts during three weeks in Alberta and Saskatchewan was less than four hundred dollars. This, despite the fact that her fee of five hundred dollars a concert is about as high as a Canadian artist can hope for at home. Of this amount, ten percent went straight to her agent and twenty percent to her accompanist. From the remainder, the cost of traveling, hotels, telegrams and publicity pictures was subtracted. The wear and tear on gowns, each costing not less than one hundred and fifty dollars, also had to be accounted for.

A meagre balance sheet is only one of the unglamorous facts of a concert singer's life. For a girl like Maureen, who is immensely sociable, a succession of train compartments and hotel rooms are a poor substitute for a home. She frankly admits: "My personal life hasn't been nearly as successful as my career." And she adds, gravely: "Which probably explains why my career *has* been so successful."

But then she brightens immediately. "You know," she says, "I always buy flowers for my hotel room as soon as I get into a city. Maybe, before long, they'll be there when I arrive, eh?" ◆



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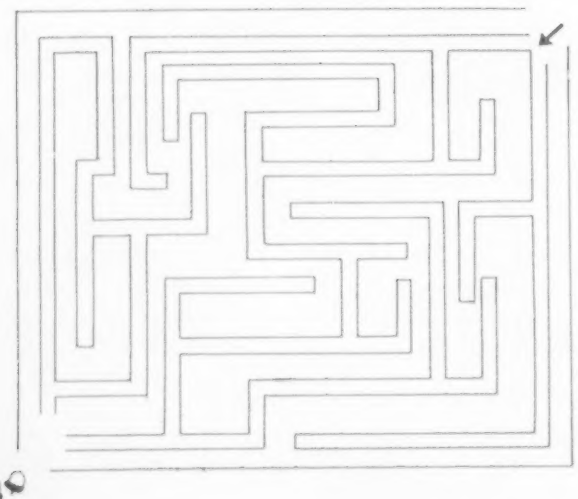
shows you how to make pencil people for yourself or your friends

Hello Everybody —
Get your pencils and we'll have our word game first:

The first is in hot and also in cold,
The second in copper but not in gold.
The third is in tricks and treats — shell out!
The fourth is the same as the first no doubt,
The fifth is in blaze and bonfire too,
The sixth is in leaves and rake for you.
The seventh's in corn and wiener and roast,
Now find the month that some like the most.

Answer: October

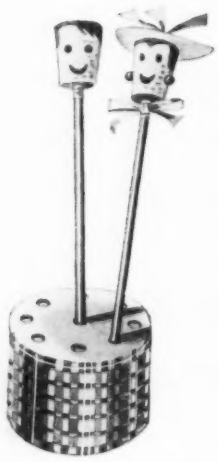
Now here is a maze to try. I started at the arrow and found a path clear across to the acorns. Can you?

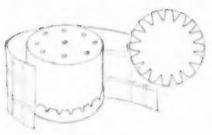


Good-by for now, pencil pals

Chatty

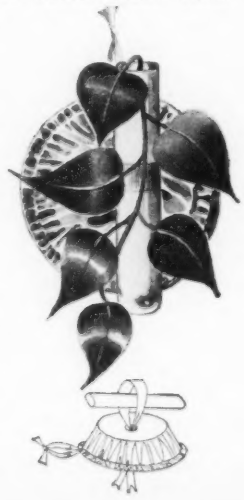
P.S. Do write and tell me about **your** favorite games.





Here is something else you can do with a pencil — decorate it!
Take a pencil, the kind that has an eraser in the top, and gently pull the rubber out of the little metal cap. Now push an ordinary bottle cork down on this. Round off the cork edges with a nail file or a piece of sandpaper. Paint eyes and a mouth and hair on the cork. You might like to put a hat on the head — make it out of a scrap of paper or cloth and push a pin down through it into the cork. You will probably have a lot of ideas of your own that you will want to try.
Now here is a place to keep your pencils: Cut a salt box in half. Use the piece of salt box that does **not** have the pouring spout in it. In the top punch some holes big enough to take a pencil — I did this by just pushing a sharpened pencil down through the cardboard. Put a bottom in the box by cutting out a circle of heavy paper about a quarter of an inch larger than the salt box, and make little slashes all around the edge. This will make a lot of little tabs that you can paste onto the box. Now cover the sides of the box with a strip of cloth or paper. There is your pencil holder for your desk. This also would make a good present for Dad or your teacher.

Speaking of presents — here is a little flower-holder that you could make as a present for your mother some time. And of course for a decoration for your own room. Paint the inside of a glass container that toothbrushes come in. You do this by pouring a little paint down the inside of the tube and rolling it around until the inside is all covered. Fasten a ribbon to the tube with a dot of plastic cement, leaving the ends free.
In the bottom of an aluminum pie or tart tin make slits on either side of the glass tube. Put the ends of the ribbon through and tie at the back. A loop of ribbon tied through the top of the tin will make a hanger. The tube can be filled with water and a vine will grow very nicely.



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FOR CHATELAINE'S YOUNG PARENTS



Does Your Teen-ager Get the Right Food?

Adolescents, like babies, need the best foods to fuel their tremendous growth. Here's how to get them eating the healthy meals they often pass up

BY ELIZABETH CHANT ROBERTSON, MD, DIRECTOR, CHILD HEALTH CLINIC

BABIES grow at a tremendous rate and modern mothers are on the alert to feed them properly. Adolescent boys and girls put on a great spurt of growth, too, but we often forget that they also need plenty of the best foods, like milk and eggs, to maintain excellent health. Unfortunately, mothers often think that as long as they satisfy their healthy appetites they are all right.

They are not. For one thing, tuberculosis is a hazard at this age. Also, when your adolescents are growing quickly they have to manufacture more and more blood to meet their increasing needs. To do this they need lots of iron and proteins—to be found in eggs, meat, liver, vegetables, fruits, whole-grain cereals and bread, or enriched bread. This is especially important for girls who have to replace the blood they lose in their monthly periods.

With so many girls today marrying just out of their teens and having babies early, good eating habits are even more important. Pregnancy is another period of nutritional stress. If the young mother has been eating good meals all along, she will be in good condition to start with and will be used to eating the valuable foods, such as milk, that her doctor will want her to use in increased amounts.

Yet just when they need a diet as carefully planned as a baby's, adolescents find themselves free, for the first time in their lives, to choose pretty well what they will eat. Often their snacks, lunches or suppers are not the healthiest. The girls, suddenly figure-conscious, may half starve themselves or experiment with faddy diets.

After studying growth and diet in teen-agers for twenty years, Dr. Joseph A. Johnston, a leading child specialist in Detroit, published some interesting findings. One of the questions he wanted to solve was why quite a number of adolescents, especially girls, developed active tuberculosis shortly before or soon after puberty. There are probably several reasons. For one thing, teen-agers get around a lot and so are more exposed to the infection. They often burn the candle at both ends, which lowers their resistance. Possibly too the changes in their hormones, which cause them to mature, may make them more susceptible to this disease.

However, Dr. Johnston found that many of his young patients had been eating poor meals for some time before the tuberculosis flared up. He also found that they recovered more rapidly if they were fed hospital meals that contained lots of protein and calcium. At first he let the youngsters choose what they wanted from the hospital menus. He soon discovered they ate too many starchy, sweet and fatty foods and too little of the foods high in protein. They often gained weight on these meals, but careful balance studies showed that

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they weren't storing protein and calcium in their bodies as they should. In these studies he measured the amount of protein and calcium they ate each day and the amounts they lost or excreted, and of course the difference was what they were storing up in good muscles, bones and organs.

A recent Canadian study also showed how often teen-agers eat unwisely. Last February the Toronto Nutrition Committee asked about 4,400 boys and girls in grade eight to write down all they ate on a particular day. Fifty-five percent of them took less than a pint and a half of milk in any form (including cheese and ice cream) and nearly as many didn't eat even one egg. Thus at least half these youngsters weren't getting as much protein and calcium as they needed during this period of rapid growth. Many were also shortchanging themselves on other important foods such as citrus fruits, whole-grain cereals and vitamin D.

What can we parents do to help? We can start by setting a good example. It's hard to insist that older children keep on drinking milk if you don't yourself. You should take at least two glasses of skim milk each day (it will help keep you and your bones in good condition and help prevent constipation, too).

Second, you can assure your weight-conscious daughter that drinking skim milk will not make her fat. You can tell her quite honestly that, ounce for ounce, skim milk contains fewer calories than soft drinks and very little more than tea or coffee with cream and sugar. Dried skim milk is cheapest and the new instant types dissolve very quickly.

If your youngsters don't like milk, make up the dried skim milk stronger than the directions call for. It will look less blue and taste better, especially if you refrigerate it overnight. You can also add dried milk to all kinds of dishes—

☆ ☆ ☆

DUNES

By Eileen Cameron Henry

Here the wind comes to have her way,
Wind that the rock defied,
That hill and height have scorned,
And cast aside.
On spiteful feet she runs between
The sea and shore, with curious hand
She turns a shell up to the sun, careless
She sifts a pebble through the sand;
With sly eyes inward turned
She smooths the dunes, and one who came
But yesterday would lose his way,
For all sand castles look the same,
And turrets melt, and moats and spires
Merge with the sky, and fade, and fall,
Where wind, the changeful architect,
Makes mock of gleaming spire and gallant wall.
Here the wind comes to have her way,
Strident and bold, and heavy of hand —
And yet I stray from solid rock
To build brief loveliness in sand.

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cheese fondue, meat loaf, cream sauce, scrambled eggs, home-made milk puddings, tea biscuits. In this way you get extra milk into your family without their even knowing it.

You can also explain to your teen-agers that right now they are growing very fast. In girls the spurt of growth is closely related to the onset of menstruation. Girls who start menstruating very early reach the peak of growth within a year *after* their first menstrual period. In girls who mature at the usual time, or late, the spurt of growth occurs in the year *before* their first period. A few girls start to menstruate as early as ten years of age, a few as late as seventeen, but the majority pass through this milestone in their twelfth or thirteenth year. All these variations are perfectly normal.

However, the late-maturing girls are much smaller both in height and weight for several years (usually from eleven to thirteen) than their early-maturing classmates. Their body contours, too, are still like those of younger children and often they are sensitive and worried about their lack of development. They may not speak of it, but often they are afraid there's something wrong with them. Late-maturing boys are similarly troubled. If your youngsters are late in maturing you would be wise to take them to your physician so he can check them over and assure them that everything is perfectly normal. Actually these "late bloomers" often end up taller than the early ones because, although they never grow as fast at any one time, they keep on growing longer. As you know, once this peak of growth is past there isn't much further gain in height.

Once they realize this is their fast-growing period your adolescents will see the good sense of eating properly to give their bodies a chance to make the best of this peak of growth. ◆

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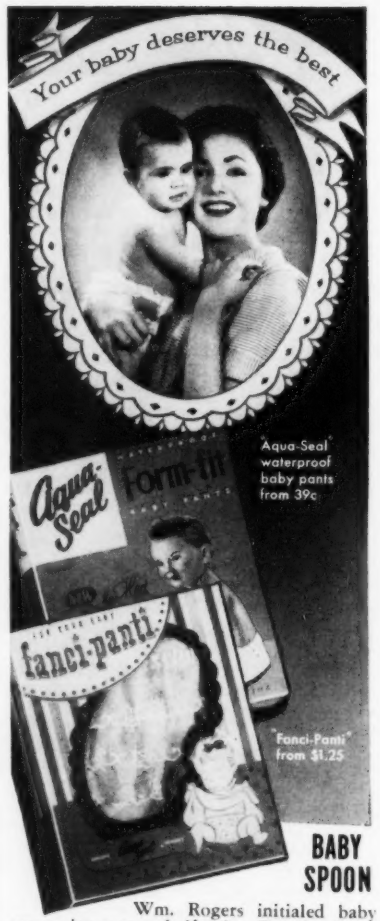
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These Women

DID SOMETHING ABOUT IT

Housewives find new friends, hobbies and zest for living in the YWCA's weekly "wives' clubs." Here's what happens each Thursday in London, Ont.

EACH Thursday morning at ten, young blond Mary Blake trades in her dish pan and duster and three-year-old son, Barry, for a day of sports, craftwork and just relaxing at her "wives' club." Mary (this is not her real name but she is a real person) is a member of the London, Ont., YWCA's Ten to Three Club. While she takes her day off, Barry plays happily in the supervised nursery in the same building.

"Before I discovered the club three years ago," Mary says, "I was home twenty-four hours a day, every day—doing dishes, making beds, mopping up milk. When I threw Barry into bed at night, I felt guilty but heaved a sigh of pure relief. Yet I couldn't have a finer son or better husband. I simply had a bad case of housewife's frustration. The club was the perfect answer."

Across the country, more and more women suffering from the same housewifely monotony are finding the YW wives' clubs their answer too. Altogether there are about twenty clubs, meeting usually from September or October to June. In Toronto the club is called Ladies' Day Out, in Montreal, YW Wives and Mothers, in Saskatoon, Mothers' Day. Often a day Nursery is included to look after the members' preschool children.

The programs sponsored by the Y's Young Adult Department are designed primarily for young wives and mothers, but many set no age limit. Most clubs are self-supporting. Fees vary, but membership and nursery dues combined are usually between ten and twenty dollars a term. Instructors may be volunteers or paid. Members usually decide which crafts the group will learn and share the cost of special materials. Most clubs raise extra cash through fashion shows, bridge teas or evening parties.

At London the day begins just before ten as mothers laden with golf bags, suitcases, box lunches and toddlers pour into the lobby. The children dash off for their big day in the nursery with pasting and painting, songs, stories, gym play, lunch and a nap. Meanwhile the mothers change into tunics for a half hour's figure and posture exercises. Next the group splits up for either volleyball, golf lessons or ballet class. Last year the ballet group brought down the house with their cancan at the Y circus. A swim ends the morning program, topped off by lunch in the big, homey lounge.

In the afternoon the group divides again for instruction in bridge or leathercraft or millinery. At three the program ends. "At first," one London mother confessed, "I thought I'd be dead next day from all that exercise and craftwork. But I find I accomplish twice as much after my day out."

No Time for Gossip

The wives plan extra activities too, like the children's Christmas party, a formal dinner dance, square dances, family picnics. "I had to drag my husband to our first party," admits Doris Harkness, a vivacious English girl. "Now he wouldn't miss one for anything."

Friendliness is the club's common denominator. The friendliness, Din MacDonald, a former president, feels, is the result of the busy program. "We just don't have time to gossip. We discuss problems, of course. It makes you feel better to find out that other people have nail biters and bed wetters, too. But I've yet to hear anyone make a really catty remark.

"You know at most clubs you're all dressed up, on inspection. Here we wear just a skirt and sweater. We undress together in a locker room and, when we come out of the pool, everyone's hair is a mess.

"There's nothing like all looking horrible together to break down the barriers and make a group of women friends."

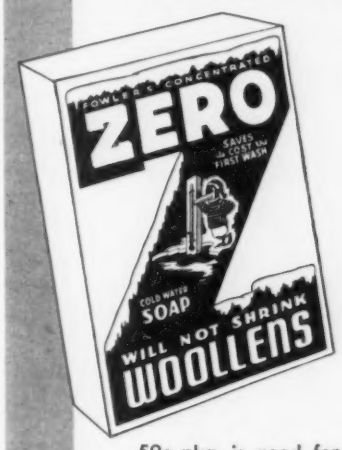
—JOAN MAY

If you know a group of women who are doing something about a problem in their community send us their story. Chatelaine will be glad to salute them in this column. Write to: The Editor, Chatelaine, 481 University Avenue, Toronto.

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teen tempo

with news for girls on dating, parties, clothes

BY CYNTHIA WILLIAMS

How Steady Is Steadily?

"So he's asked me to go steady," you say, speaking, naturally, of the number-one man in your life. You're thinking how wonderful it will be almost to "belong" to someone; to be known simply and securely as "Bob's girl."

But you're wondering, too, suppose because he *has* to date me I suddenly switch from best girl to "ball and chain." You're thinking, what happens if we break off? It's sometimes hard to get back in circulation. You've seen it happen.

A girl owes it to herself to take a really level look at this going-steady business. For instance, is it simply for security? Are you the kind of girl who must have a Saturday date, and you're willing to mortgage your time, your attention, your personality to the first boy who promises you just that.

How do the boys see it? Some are lazy; they want to be sure of a date without any trouble. Mostly, though, they agree: "To give up your freedom you really have to like a girl." It's cheaper too. "You don't have big dates always, and your girl helps you save."

About best way to judge steady dating is—do you really like the boy? Is it really fun? It's fun sharing your study, your talk and your thoughts with a boy you admire. One girl explains: "For the first time you're considering someone else who means a lot to you—outside your family." It's wonderful being on cloud seven—for a while. But remember, there are other cloud sevens ahead. Don't mistake physical infatuation on your or the boy's part for The One Great Love.



Going steady is no fun at all if you play it heavy. If it makes you—or him—jealous, possessive, worried you'll lose him. If it leaves you no time for study, your family, your girl friends. If this is you—it's time to pull out.

Make it *steadily* instead. When you go steadily you save the big dates for each other, you don't exchange a pin or ring and the understanding is you CAN date other people. You're not cutting yourself off, and it's easier to break up. "Your boy starts dating other girls more, you get the message and start circulating too." No waiting at home till the word spreads that you're unleashed.

Playing the field? If you insist on a personal standard of *enjoying* going steady, there'll be times when you play the field. If you have confidence in yourself, if you have plans in life for doing things and seeing things as an individual, this can be the best dating. Actually more boys than girls prefer it: "You get to know more girls, and have fun with all different types. And if you don't go out you're not disappointing anyone." One girl who's worked the problem out for herself concludes: "I've gone steady and steadily, and I just don't like it. I hate being taken for granted. Playing the field, there's always something new ahead."

Tape Your Play

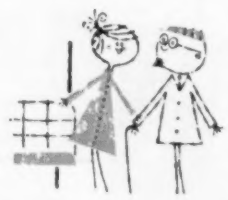


Live theatre is a big new interest with teens and it offers a tremendous party idea. It hinges on keeping the group fairly small—and you have to beg, borrow or rent a tape recorder. The tape itself costs only a couple of dollars and you can use it over and over. Pick out a play with enough characters to go round (casting is half the fun); have a read-through a couple of times, then record the saga. Everyone, even the shyest, really emotes and the results are hilarious. If you're ambitious you can write your own. One-act plays of high drama work out best, all agree.

When Do You Stand?

One girl pleads: "Please, I need a formula. When do I stand and when do I stay sitting when I'm introduced? Also, are girls today supposed to give their seats in the streetcar to older people?"

The whole formula is thoughtfulness—and the key is age. Always stand for older men as well as women. Let the older person take the initiative as to whether you shake hands. Men usually shake hands with each other, women seldom do. Once the introduction is over, take your seat again naturally. If your parents' friends are in and out of the room, you just stand the first time to say hello, as a mark of respect. Don't stand for people your own age. But when a newcomer is introduced to your group don't let him wait awkwardly. Include him in your conversation immediately and make him feel he is welcome.



About the streetcar: thoughtfulness is the key again. If the older person would appreciate the seat more than you, give it. Generally, older women, elderly men, women trying to manage children, anyone ill, certainly need a seat more than you do.

Pretty as a Party

With the party season at hand, a smart girl looks ahead for that one big after-five dream dress. This year shirtwaisters are in with a whirl—their skirts wide, propped up with crinolines (there's one coming on the cover of our November issue). You'll find them in satin—gleaming pale colors to glint under party lights; in acetate brocade; in rustling silk shantung, bound at the waist by a bright, Paisley silk sash.

Another pretty way to sail through a party is wearing an Empire-line dress. If your hips are slim, look for a narrow sheath—beltless, with a draped sash or a slender bow under the bosom to mark the waistline high. Some break into drifting panels or pleats at the back that move when you do.

Fabrics are mainly crisp—silk faille, taffeta, peau de soie—with velvet as one soft and beautiful exception. You might plan on a velvet sheath with a deep square neckline, the waist wrapped by a cummerbund of bright tartan taffeta. The final enchantment is a velvet bow, worn like an Alice band across the top of your head. It should be in a color to match the dress, and it might be embroidered with tiny seed pearls or bugle beads (see our November cover). Another hair foible is decorated buns (not the eating kind). Glamour girls tie their pony tails into a bun for evening and fasten them with a glitter band. Paste glitter (from the five-and-ten) to a velvet band; sew two pipe cleaners to the back of the ribbon for stiffening and bend them around your bun.



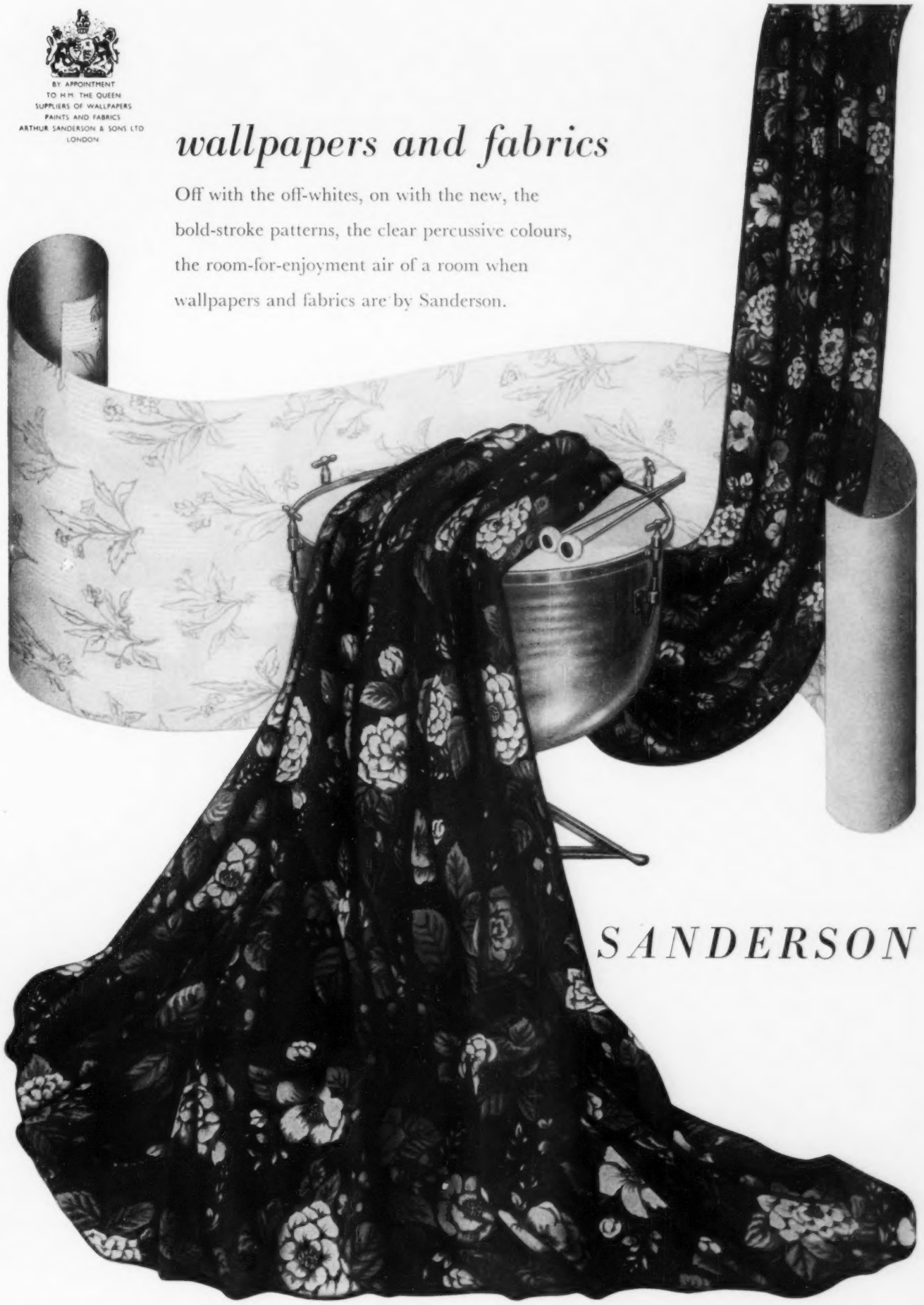
Watch for TEEN TEMPO next month, with news and views on teen fashions, dates and etiquette. Cynthia Williams will be pleased to answer your questions or problems by mail. The best letters will appear in this column (no names will be published). Write to:

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